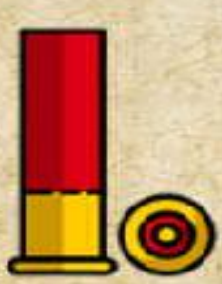
BUSHCRAFT



Complete Beginners Guide to the Art of Wilderness Survival

NEIL TAYLOR

Bushcraft

A Wilderness Survival Guide

By: Neil Taylor

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Introduction

Thank you for purchasing “Bushcraft: A Wilderness Survival Guide,” and congratulations on deciding to learn one of the most useful crafts any person can have. Whether you are deciding to venture out into the wild for an extended period of time and live off of the land, or just going camping for the weekend with your family it is always good to have a firm grasp on how to survive in the wilderness without the fancy camping tools sold at your local wildlife store. This book will delve into the essentials of surviving just like our ancestors did thousands of years ago.

In today’s modern world we tend to turn to new and easy tools built in factories to get through our everyday lives, becoming more dependent on technology, and leaning further from our hunter/gatherer instincts. Our ancestors were forced to be masters at bushcraft since there was no technology and to them, bushcraft was no more than everyday survival. The people of the past were able to live off and with the world around them and were completely “at one,” with their surroundings.

As we leave our large homes, swimming pools and concrete jungles our disconnect from the nature around us increases

exponentially. Therefore, it is not a good idea to just throw yourself into the wilderness without the knowledge and know how to back you up out in the harsh environment. Wilderness skill is something that is originated from Americans but is now being replaced by the term “Bushcraft,” originally coming from the Australian Less Hiddins, who was also known as The Bush Tucker Man.

What Is Bushcraft?

Bushcraft can be described as simply the skills you will need to survive, live, and succeed in a wilderness environment without outside amenities. These skills can only be achieved by educating yourself and gaining experience in real wilderness situations. However, it is not recommended that you simply read a book and drop yourself off alone in a remote area without a little bit of practice under your belt.

Bushcraft, however, is not just about survival; it goes deeper than that. Bushcraft is about creating a world around you that is sustainable and comfortable and will allow you to live a life that is one with the natural world around you just like our indigenous ancestors from long ago.

This skill, the ability to naturally and sustainably live off of the land, can be one of the pleasant things you ever do and your connection to nature will grow your body and mind in ways that nothing in the modern world could compare to. Bushcraft is a skill that is learnable by anyone at any age but takes time and determination to follow and understand fully. However, once accomplished you can use it in both

leisure and emergency situations when you and your family discover the wonder of the natural world.

There are six different areas we will cover in this book, and they are the most relevant sections of Bushcraft. There is more to wilderness survival than just reading a book so make sure to take in each section slowly and follow up by practicing what you learned in your living room, yard, or on a day hike with someone else. It is never advised to go out in the woods by yourself if you are a novice in case of emergency or injury.

Chapter One will begin by focusing on forming your camp, home, or site. This section will include information on starting and maintaining fires and building shelters. This section is a foundation for your Bushcraft experience and will provide you the ability to stay warm, heat food, have shelter, and get a good night’s rest which is imperative when you are living in the wilderness.

The next chapter will give you the knowledge and understanding of how to obtain your food source while you are out in the wilderness. Food is crucial, and you cannot live off of berries for very long, nor do you want to. This chapter will give you vital information on hunting, trapping and snares, and fishing; all great ways to ensure you are eating what your body needs to maintain health while you survive the wilderness.

Chapter Three will cover preparing and cooking the food you just learned how to catch. It is important to remember to

cook food thoroughly so that you don’t contract any food born illness. The last thing you need is to be out in nature and get severely and dangerously ill. The topics discussed in this chapter will be gutting and preparing fish, butchering and preparing game and cooking and preserving methods.

After you learn all about catching and cooking your food, Chapter Four will move on to discussing survival tools. Your tools can make or break your adventure in the wilderness, so it is important, regardless if you plan on taking tools with you, to understand how to make and use survival tools. The chapter will cover both survival knives and axes and how they can be utilized.

Chapter Five covers another important aspect of any type of living, and that is water. Water is essential to life, however, if you are not adequately trained on how to filter, purify, and store your water, you may end up with a nasty stomach issue. Our ancestor’s bodies were used to the bacteria found in lakes and streams and ultimately became immune. However, our bodies, being used to purified and chemically treated water, could easily contract a waterborne illness, leaving you pretty uncomfortable out in the woods.

The last chapter, Chapter Six, will conclude your studies on Bushcraft by going over the vital knowledge of first aide. Anything can happen out in the wilderness from scratches and bruises to broken bones and animal attacks, and you want to make sure you are well educated on how to attack any health issue should it arise efficiently. Proper first aid

training can mean the difference between life and death out in the wilderness for you and the people you are camping with.

You are bravely embarking on some of the most exciting training and lifestyle additions that you could imagine. Having the knowledge to survive anywhere with little to no added tools is an extreme asset for anyone and leaves your options for exploring open-ended. With the acquired skill of Bushcraft, you will be able to live comfortably out in nature without worrying about lugging a hundred pounds of gear with you. Make sure to pay close attention to the sections of this book because one mistake could cost you dearly. Nature can be amazing and beautiful, but it can also be harsh and unyielding, so you want to make sure you stay prepared for any situation you are walking into. Research your destinations thoroughly to understand what type of survival tactics you may need and to avoid wasting any time when you arrive at your destination. Sometimes time can mean the difference between eating dinner and going to bed hungry.

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Chapter 1: Forming Your Camp

When you are planning or have reached your destination one of the first things you want to do is form your camp. Finding the right location is not only for comfort, but can make the difference with survival tactics. Your camp will be your home where you eat, sleep, cook, change, and relax for the entirety of your trip so you want to make sure you are safe and that you have logistically chosen a place that best suits your needs.

Your campsite should be safe from all directions, including overhead even in adverse weather conditions and from the local wildlife. Having a visible camp that can be seen from a distance can be advantageous, not only so it is easy for you to find, but also for any other people in the event of injury of sickness.

The site should be level and as flat as possible, depending on the climate and time of the year, often shade is a major factor to take into account. Sunlight directly on to a camp in the winter can be very helpful, but in the summertime, it can cause temperatures in a tent or makeshift shelter to become extreme. Being woken early in the morning by the

effects of the sun on your tent is not very pleasing especially if injured or unwell.

Take notice of all the natural features around the area, in particular, any dead trees or branches, rock slides, loose rocky ledges or anything else that by falling could cause injury or damage. Things that look stable can suddenly and without warning fall at any time, so make your campsite away from these areas. Alone standing tree in an isolated area is a potential target for a lightning strike; this is a surprisingly common occurrence in many wilderness areas and the cause of many bush fires.

The first thing you do when you finally decide on a place is building a shelter, so you want to make sure that the location is free of snake dens, anthills, hibernating animals, and it absolutely must be above the water mark. You want to ensure there is water close by but it is not a good idea to camp on the edge of any body of water. Water has been known to attract all kinds of things you wouldn’t want in your home including insects and predators. You also don’t want to take the chance of the body of water flooding your campsite. However, being relatively near a body of water is always good for making sure you can signal in case of an emergency.

You want to make sure you are gathering your water during the middle of the day and when it comes to hunting, try to hunt as far from your campsite as possible. Once you have

hunted a close area, it will be difficult on the days you cannot go very far due to weather or injury to find any animals after they are scared off. You can, however, fish in the local water source always being careful of other predators that may have had the same idea.

Another thing to think about is the type of materials that are in and near the location you picked for your campsite. When you are living off the land, you don't want to exhaust yourself by traveling far away from home and dragging materials back to build with. You want to pick a level spot, but something that is already full of building materials that you can begin building with on the spot. The same goes for your fuel sources; you want to be able to retrieve these when conditions may be too severe to venture too far away.Sanitation is also a consideration that needs to be addressed, for one or two people and only for a short while, a "portaloo" a roll of natural w/c paper (or preferable, just use fresh leaves and soft bark) and a small shovel is appropriate. For more people and a longer term camp, it is advisable to construct a proper latrine.

To make a Latrine or shallow hole for human waste

Human feces can carry some harmful micro-organisms such as the "Giardia" parasite, which can survive in cold conditions and is usually spread because of toilet waste that has been poorly disposed of. This parasite infects the intestines and causes chronic diarrhea, nausea and stomach cramps as well as dehydration.

An appropriate place to dig a hole for human waste is at least 150ft (50m) from any body of water, campsites, human or animal tracks. Try and pick a place where people and animals are unlikely to go. The ideal position is near a fallen tree or thick bush, but where the area will get a good amount of sunshine to help it to naturally quickly decompose.

The hole should be at least 4 inches (100mm) to 6inches (150mm) deep and large enough to accommodate all the people using over the time you are staying in the camp. (Avoid making more than one latrine per site). Place some of the soil from the hole or sand near to cover deposits as they are made; this will discourage animals and help to avoid any smell or flies. Then, you are when leaving the area to backfill the hole and cover it with leaves, sticks or any other natural materials. If using W/C paper use natural unbleached, unscented natural paper sparingly or use fresh water, leaves or moss from the area. Using a natural ‘toilet paper’ such as leaves (not sharp or prickly types) are just as sanitary as toilet paper and using them reduces your imprint on nature and they are environmentally friendly.

Places that should be avoided when seeking a camp site.

Valley floors, gorges, gullies and natural depressions can be places where mist, fog and dew settle in the mornings, possibly causing condensation and a wet camp. Some of these sites can be susceptible to flooding or becoming

waterlogged during rain storms. When looking at possible sites, examine the area for any signs of flood damage or rubbish washed there, in many areas flash floods can be caused by rain in areas miles away and arrive totally, suddenly and unexpectedly.

Exposed places like ridges and hilltops, while giving a great view and refreshing breeze can, at times, attract tornados or whirlwinds and high winds. When venturing into an area, investigate the weather patterns and forecasts there before leaving if possible, so you are aware of any adverse weather typical to the area.

“The great outdoors” in many places is still natural and unspoiled by man’s pollution and attempts to tame it. Unfortunately, there are many areas that have been destroyed by careless use. Places that are still pristine and controlled by nature are becoming harder to find and take much more effort to reach. It is up to everyone who goes into the bush or wilderness to try to make as little impact as possible and to take only photos and to leave only footprints to show you have been there. The natural areas of the world may seem endless, but they are finite, each year they reduce significantly, which makes protecting what is there now very important for our future survival and to preserve it for future generations.

If you come across an old campsite or a spot that looks like it has been used before, consider reusing the area, instead of making a new camp and possibly destroying another

creature’s natural habitat, this will help to reduce the impact you have on the area.

Building Your Shelter

You do not need to be a master craftsman to make a safe haven in the wilderness; you just need a little practice. If you aren’t planning on taking anything with you on your trip, then you would want to practice creating a shelter out of branches, moss, tree bark, and any other stuff you can find around the camping area. You want to try to come up with the best way to make a natural covering that can protect you from the elements and still be relatively comfortable; you will be sleeping there.

Try going out into the wilderness for a day, or even in your own yard if you have a wooded area, and build a shelter from the materials around you. You can use strips of shaved wood for rope or string; you can use moss on top of the wood to keep out the moisture, and you can use leaves and moss as bedding, though you may run into bugs.

Another way of creating a sheltered area would be by combining what you found in nature with a tarp or covering you bring with you for emergencies. This is especially useful if you are planning on camping in moisture or rain proven area. The tarp can be draped as a canopy and the nature around you can be incorporated to give you shielding from the wind and rain. Try not to use the tarp just underneath you because you may wake up in a pool of water since the water will not soak into the ground.

One last suggested tool always to bring with you, even if just for emergencies is an actual emergency shelter. You can purchase these accommodations online, and they are simply silver coverings that fold into a triangle to provide you an area to escape the elements, but they are still open on each end. You can find emergency shelters usually starting around ten dollars.

When deciding on the type of shelter you need, it is a good idea to consider the climatic conditions you're likely to encounter on your bush-excursion and the expected duration of your stay. If your trip is planned, then you will most likely have a full pack equipped with all the necessary equipment including a tent. For those who don not plan on needing shelter or for some reason lose their main shelter, here are some ideas on how to build a simple, quick shelter. The amount of time and effort you spend on your shelter should be appropriate to the time you expect you will need to use it, and the conditions you need to protect yourself from.

In many places such as Australia, it's quite common for Bushman to carry a swag (named from the old swagman days) when out in the bush or outback. This is a lightweight mattress rolled up in a waterproof canvas bag, complete with bedding, a fly or insect screen and pole to raise the bag above the head for comfortable sleeping.

In deserts or arid areas, it usually gets very hot during the day and then cool or even very cold at night. Your camp

should, where possible, cater for both of these conditions. The type of camp or shelter you can build is usually directly related to the materials and the time you have available, your knowledge of bush craft as well as your state of health (if you are sick or injured your options become more limited). When sleeping, a person will lose about 80% of their body heat directly to the ground below them if their bed is not properly insulated, so consideration should be given to the floor or bed of your camp and not only the roof.

It is easy to keep the roof up on a shelter using sticks, poles or natural objects and ropes. What is more difficult is ensuring you keep it from being blown down or away. If you brought with you or found something such as a tarp, large poncho or other fabric to make a tent roof, look for a tree, outcrop or natural stone face wall. Attach your improvised tent roof to that and attach the other side to the ground or to a rock depending on what is available. Use some sticks or poles to push the roof up enough to allow enough room inside, but not so as to make it unstable in the wind. Secure the sides of your tent and line the floor with any vegetation to insulate it. Make it comfortable and you have an emergency shelter.

If you are in a wooded area, it is much easier to construct a shelter or camp because there is a better selection of raw materials available and much more options as to the style of shelter you can build.

The simplest type of shelter can be made by finding two trees about 7 to 8ft (2.2 to 2.4m) apart and stretching a rope between them, placing a tarp over the rope, then securing it to the ground on either side or just one side.

If you do not have any rope or tarp, then it is a matter of looking for and collecting any natural materials that are available. Usually in most woodland areas you will find a selection of useful items to make your shelter.

- Start by finding all the materials needed.
- Two or more trees to use as posts to support the roof
- You need something to bind things together; bark flax type leaves that are torn into strips or vines.
- Poles or saplings to make the beams for the roof
- Thin saplings, branches or thin vines to criss-cross over the beams to support the roof
- Gather material for the roof such as large flat leaves, branches from pine trees, armfuls of tall grass like thatch, moss, etc.

Start by attaching a pole or beam at a height you feel is suitable (just above head height or head height when you are sitting up) using a rope or cord you can manufacture between the two posts or trees. Then place some saplings or branches with their leaves still attached from the main beam down to the ground forming an upside down “V” giving you as much room inside as you need. It is better to make the shelter smaller and weather tight than trying to

make it too big and end up using up all your energy and materials. Space the poles at about 1ft (300mm) centers down both of the sides.

Cover this basic frame with the different foliage you can find, beginning at the bottom and overlapping in like shingles until you reach the top. You may need to use vines or other means to help attach where necessary.

Cover the floor with a thick bed of leaves, straw, grass or pine needles to make a soft insulated bed.

If the weather is cold, you will probably need a heating as well as a cooking area; This can be done by making a simple wall at one end of your site using green wood logs or branches with the bark attached. Stack the logs or branches on top of each other almost as tall as your roof. Build your fireplace inside your shelter either directly on the floor inside a ring of rocks or a raised bed of clay or soil. The green logs will not burn but will help reflect heat inside to keep you warm, and most of the smoke will go out the top. Any smoke left inside will help to keep mosquitos and biting bugs away.

In areas where the ground is damp or wet, build a swamp bed to keep you dry and out of the damp earth or any water.Locate four trees that are about the right distance apart and from a rectangle shape or these are not available cut four strong posts or poles and plant them firmly into the ground forming a rectangle the size of the shelter you need, it should be large enough to accommodate all the people in

your group and their gear. (If the bed is going to be very long it may need extra posts to support it)

1. Cut four poles just a little longer than the length of the long sides of the rectangle and secure them to the posts high enough above the ground or the water, so they will remain dry. Two of the poles or bearers should run down the length of the rectangle on each side. (Make sure they are strong enough to support the weight of everyone and their gear). One at bed base height and the second at the height you want the roof.
2. Secure the base poles or bearers down each side
3. Cut and place the poles to run crosswise to form the bed base and tie them in place
4. Cover the bed with leafy branches, broad leaves, straw or any dry organic matter you can find to make a soft comfortable bed.
5. Make the roof by offsetting the poles so there is a good slope to the roof with the top area facing towards any prevailing wind and cover it with enough vegetation to make it weather proof.
6. A fireplace for warmth and cooking could be constructed at the end or in the corner by placing a bed of thick clay or river mud down inside a circle of stones and allowing it to dry. Then build your fire on top.
7. If a wall or walls are required, they could be built in a similar fashion, making a frame of vines or

saplings and then weaving some fine sticks, vines or broad leaves on to them.

To make a Simple Hut from Natural Materials

This type of hut shelter can be made using whatever debris is available; it needs no rope or tying, but can be made to shelter people in emergencies.

- Find a place where you can lean a long ridge pole against such as a fork in a tree, a bank or a large rock or if need be, plant two posts in the ground that have forked branches at the top on an angle so they can support the ridge pole forming a triangle or elongated pyramid . This should be between waist and head height.
- Using a long pole about one and a half to two times your length, anchor one end of the fork in the tree and allow the other end to rest on the ground.

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- Find as many large sticks or branches as you can to place along both sides of the ridgepole so it forms an inverted “V” much like a fishes rib-cage, but make sure there is enough room for you or the people who need the shelter to lie down inside, but also keep the sides steep enough for any rain to run off.
- Pile as much dry organic matter onto the basic frame as possible; it should be about 3ft (1m)

thick. (This would depend on the weather conditions and the outside temperature, but the thicker, the better)

- Place as many large branches and covering material as possible on to the top. This will stop the lighter material being blown away in any storm.
- Make up a bed inside of as much soft material as you can find and also place a pile in or near the entrance to pull it inside to block it off

A Pit Shelter for Snow Conditions

Being caught out in a snow storm or blizzard is no fun and can be very dangerous. The wind chill factor can bring on hypothermia and even freeze a person very quickly. This snow hut is one of the quickest and easiest to build in an emergency.

- Look for a tree with large bushy branches, hopefully one that has a snow covering already.
- Dig out all the snow from around the trunk to the depth required or down to the bare earth and at a diameter you require with just enough room for the people who will be using it to sit down in comfort. (The tighter or closer together the better to conserve body heat).
- Make a very small entrance way if needed in an area that is the most sheltered from any wind.

- While digging out the interior of the hut, place all the snow on the outside to build up a thick wall to give additional height and protection.
- Once you have excavated the required size snow hut, place extra green bushy branches on the floor and also over the top of the hole you just dug, just under the tree branches to add more insulation. It is not unreasonable to make a fireplace inside if you can find a few rocks to make a dry area.

Fire

Starting a fire is an absolute necessity to any campsite for both heat, fuel, and protection. There are several different tools you can purchase to bring with you, but for the purpose of this book we are going to talk about fire creation with no outside sources. Though it absolutely can be done, this is also something that you should practice and take great care in knowing the safety aspects of having your own fire.

You want to carry a means of creating a high-temperature spark and have the tinder on hand before you even start. These processes may take a while ,but when you get that spark you don’t want to go fumbling around looking for tinder. Some of the survival knives you can purchase at the store come with built in fire starters and can save you a lot of time and hassle because sticking matches in your pocket

is not a good way of making sure you have a strikeable when you reach your camp.

Now, if you are starting a fire without an ignition source premade then you are going to have to do a little bit of construction first. As we said above, it is always smart to bring emergency backups, but if your purpose is to live off the land, you will have to learn to make your own tools. The two different types of ignition sources that are the most popular are the Bow Drill Method and the wood file.

The Bow Drill Method is based on friction to create a fire and has been used for hundreds of years. You want to find a cord or rope create a bow shaped tool. You then want to have a tall piece of wood that you can connect to a base, all things you can find in the wilderness. You wrap the rope in a loop around the stick and move quickly and intently creating friction. This friction should create an ember that you can press your tinder to start the fire. Keep your wood close and bring it to the ember, not the other way around.

The wood file method is a lot simpler to create and to use than the bow drill, but the two pieces of wood MUST be parched for it to work. You cut a notch in one piece of wood, and attach the tinder to the end of the other piece. You then rub the tinder piece in the notch of the other wood. You will have to find your speed and movement that will create a spark and ignite the tinder. This takes a while, but with practice, you will be able to do it by touch.

Again, when going out into the wilderness, it is always important to bring emergency gear with you in case something doesn’t work. Though the point of Bushcraft is to create a sustainable and natural environment for survival, it is also supposed to be enjoyable. Don’t let your pride cause you injury by not using the emergency tools when necessary.

When making your camp fire, it is essential you build it in a way that ensures it remains under control and does not spread. Millions of acres of forest and wilderness along with the animals that live there can be lost or destroyed by fires that get out of control. These fires often put human life and property at risk as well.

Build a fireplace by placing a ring of rocks around the area you wish to use and clear any dry vegetation from the immediate area. It is good practice to have a bucket of water handy or a pile of sand or earth to use to extinguish the fire if it gets out of control or when you have finished using it.

If the area where you want to have your fire is wet, then you may need to build a platform of rock or dry soil to elevate it enough to burn properly. Often you can start a fire on a wet log or old stump by placing a bit of dry vegetation on top first. While your fire burns, it will dry the surface underneath so you can start your next fire there more easily.

If the area you want to build your cooking fire in is windy, a simple solution is to dig a small trench to place your fire in,

so it will not be affected by the wind. You can then place a grill or grate on top or use a tripod to suspend your pots. Another method is to use some green logs or branches on either side and build your fire between them

Some other very effective ways to start a fire are to use a magnifying glass; We suggest that you carry a small magnifying glass in your medical kit for emergencies. It can be invaluable. A magnifying glass or lens (a camera lens is also a magnifying glass as are reading glasses) when there is the sunshine, can be used to start a fire by magnifying the heat from the rays of the sun, but of course, this will not work at night or when it is overcast. Cigarette lighters are a useful way to light a fire. You can try a small pencil light, but they have limitations and often do not work if wet.

Most people, when they go bush, tend to include battery powered devices like a flashlight, radio, etc. This battery can be used to start a fire with the aid of a little steel wool (another handy thing to have in your kit as it weighs almost nothing and takes up no space). The steel wool is a whole lot of very small wires all bunched together. When connected to a battery the current causes conflicting currents to work against each other causing them to heat up enough to glow red and start a fire. Any voltage will work to do this, but the higher the current the better, a 9 volt works very quickly and the finer the steel wool the better.

- To start a fire with steel wool and a battery, first make sure you have some dry tinder ready to

light.

- Take your steel wool and rub it on the terminals ensuring you cover both at the same time. The resistance build up will ensure the wool gets hot, simply blow on it to start aflame and very quickly touch it to the dry tinder.
- This can also be accomplished by using a battery of 9 volts or more and rubbing a thin wire such as a paper clip or the spring in a ballpoint pen across the terminals to produce sparks.

Using a Flint Rock and a piece of carbon steel found in a bush knife will start a fire in almost any type of conditions encountered.

Every bush survival kit should include a piece of flint. Most people would not venture into the wilderness without a good quality all-purpose knife, and these are almost always in a sheath to protect the blade. A piece of flint stone is very light and could easily be added to your sheath knife to complete the set.

- Starting a fire with a flint stone and a carbon steel knife is just a matter of striking the flint against the steel knife blade. The friction caused when you slide-strike these two together causes the sparks. The technique requires the use of a loose wrist and a sharp sliding strike. To perfect it can take a bit of practice.

- Before you strike, ensure you have your tinder or some dry paper ready to catch the sparks as you produce them.
- Once you produc the sparks and they are on your tinder, gently blow on them to provide them with the necessary oxygen they need to ignite into flame.
- Tinder can be obtained from the paper birch tree which has a paper like bark that even when wet usually makes excellent tinder.

When camping the lighting of fires is strictly controlled in many areas, and you should acquaint yourself with the rules and regulations governing the areas you will be traveling through. It is very important not to light uncontrolled fires in any areas, and all fires should be completely extinguished as soon as you are finished using them as well as before you leave the area. The best method is using water to completely dampen the fire or to smother it with sand or dirt.

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Chapter 2: Finding Food

The wilderness has excellent potential for finding food sources for you to eat and survive off of. However, to find this food, and find the most nutritional sources, it is going to take skill and education. You need to be familiar with the plants in the areas in which you will be camping, so you don’t accidently eat poison berries or poison ivy. There is no corner store or delivery driver out in the woods so you need to be fully capable of finding your food or you will starve. In this chapter, we are going to focus on catching and killing your food through fishing and traps and snares.

Make sure to ask yourself if you are comfortable with killing your food out in the wilderness because fishing doesn’t always yield the best results and you are going to have to catch the furry guys for dinner eventually. If you are not comfortable with this, then you are going to have to bring an outside nutrition source with you because living off of tea and berries will deplete your energy and your body will begin to break down. It is essential to have the right vitamins and nutrition while you are out in the wilderness.

Fishing

Fishing in Bushcraft is really simple, which is exactly what you want. With so many things to worry about while you are fighting for survival in the wilderness, you want to keep your daily actions as simple as possible. There are two ways you can fish, either by hand, which is pretty difficult, or with a line. With either one of these options you are going to want to club the fish over the head once it is caught and cook it immediately to avoid any bacterial growth.

Fishing by your hands will take time, effort, and an excellent sense of patience. If you are looking for a little better way, then you should purchase some automatic fishing reels that you can set down and wait until the fish has been snagged. Then you can simply pull it in, kill it, and go back to what you were doing. If you really enjoy fishing, there is no reason you can’t either bring a fishing pole or make your own out of the materials you find around you.

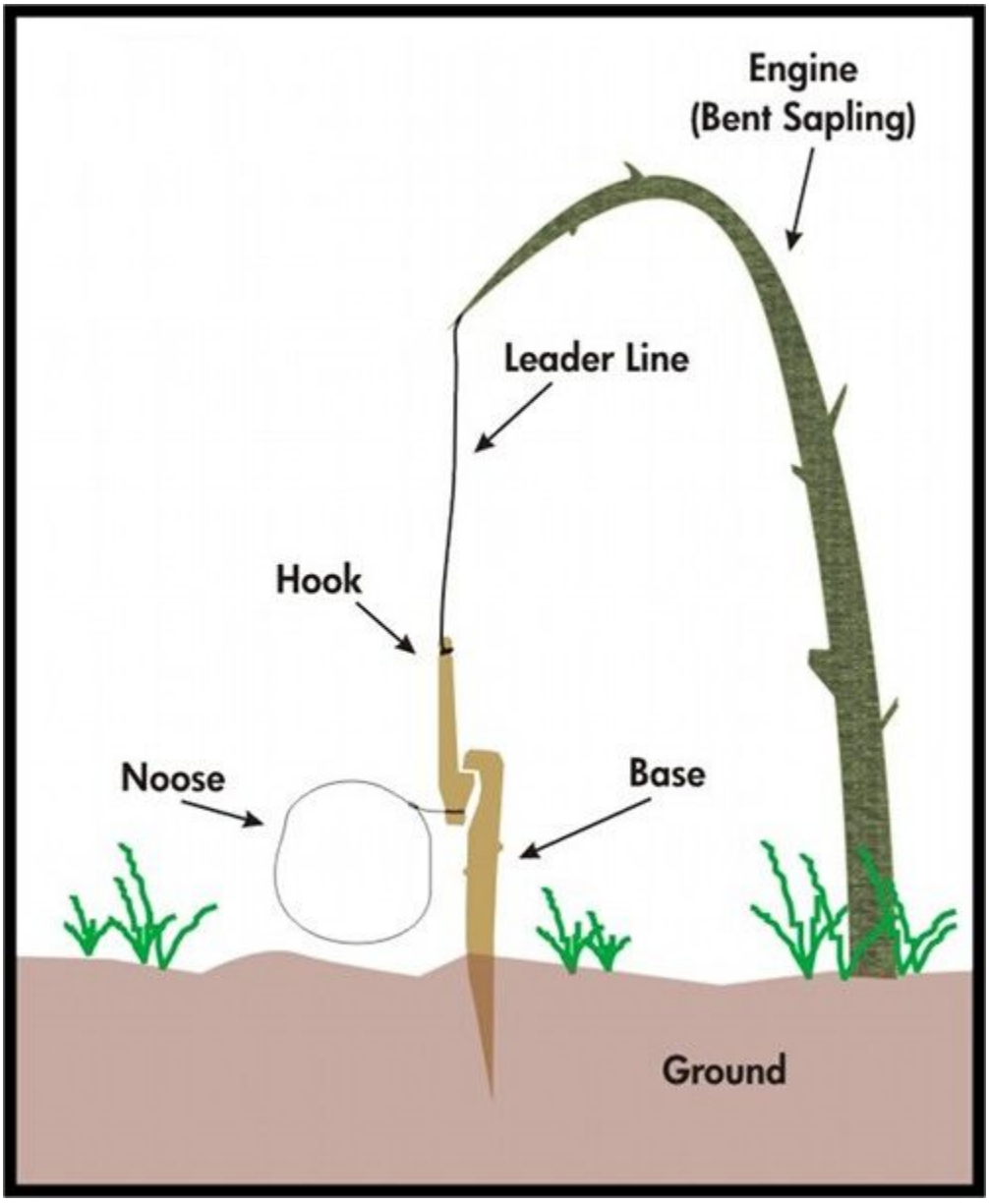
Traps and Snares

There are many different ways to catch your food while out in the wilderness. Having the knowledge to be able to create traps and snares is a highly essential skill you will need to know and be fluent in before you venture out on your outdoor adventure. Though yes the human body can survive quite awhile without substantial protein, the side effects will leave you without energy which can be detrimental to your safety while camping.

Trapping or snaring is designed to incapacitate and kill the animal so that you are safely able to approach and collect your food source. It is best to start small and instead of trying to trap a deer, it is much better to go for the smaller animals such as rabbits and squirrel. You want to remember that most of the time the most efficient way to do something in the survival world is usually the simplest and it is no different with catching your food. The biggest strategy for trapping and snaring your food is understanding your surroundings, the habits of the animals in the area, and knowing where the best placement for your trap will be.

The majority of traps and snares are a combination of three simple methods, simple snare, deadfall traps, and spring snares. Again, though you can go with an elaborate trap and snare to catch your food, you will often find that the simplest method is often the best method. Let’s start by discussing the simple snare and how to construct one.

Simple Snare



Always remember that it is illegal to trap game in many countries unless you are in a survival situation so make sure to check the rules and regulations of the areas in which you will be camping.

Instructions

- First, you will need to collect your materials, which are very simple for this project. You will need a knife, a stick, and some string to complete the simple snare. The stick should be relatively stable and about three feet in length.

- To create the snare you will first take your string and fold one of the ends over about an inch and a half. You then tie the folded end of the line into a loose knot and thread the other end through the hole, and tighten the knot.

- You want to take your knife and carefully sharpen one end of the stick and create a notch on the opposite end then tie the string to the stick on the notch you just carved.

- Take your creation to the area in which you have scouted out ahead of time. Make sure this is not a traveled area; you don’t want to end up snaring a human.

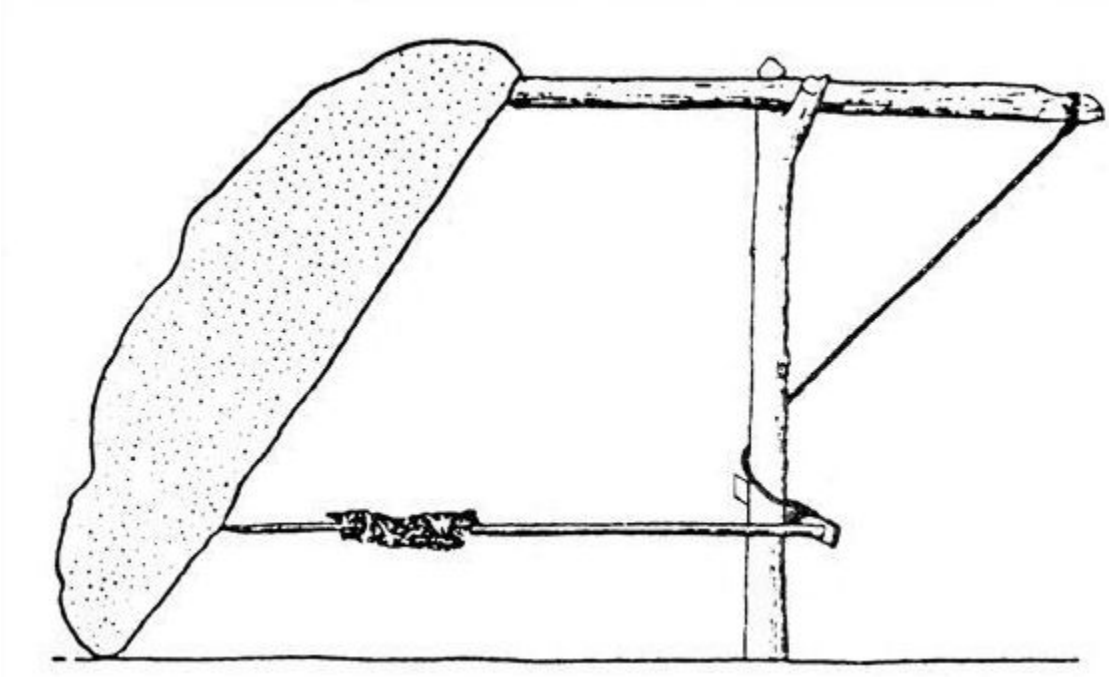
- Drive the stick into the ground point first. Make sure it is in-depth and secure.

- Take some small sticks and poke them into the ground to hold open the loop in the string. Also, create a kind of maze of light sticks so that the animal is forced into the loop.

- This will give you a simple snare that should capture and incapacitate the animal in which you are trying to

catch.

Deadfall Traps



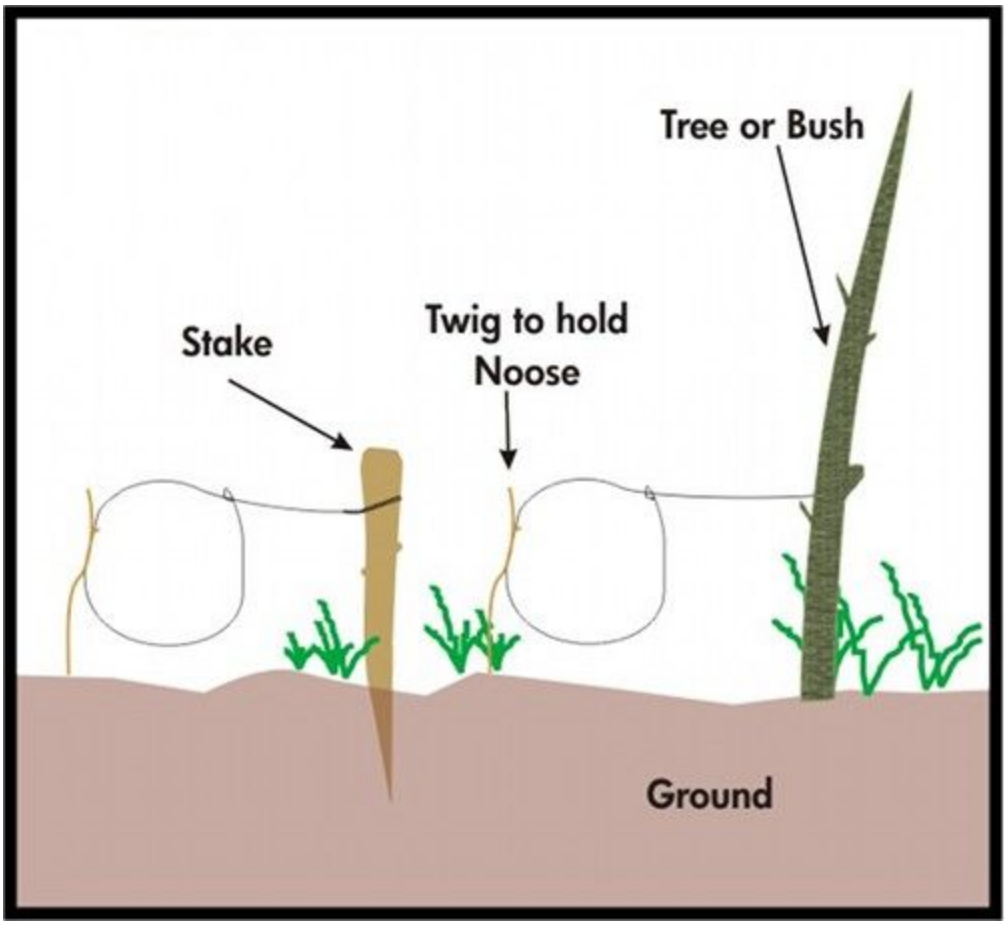
Deadfall traps date back to Native Americans and are used to catch small game. Always place these traps away from high human traffic areas and have the location scouted out ahead of time.

Instructions

- You will start by gathering your materials which consist of a small length of cord, two sticks that are roughly the same diameter, one measuring eight inches and the other six and a half inches, a long thin trigger stick, a three inch stick slightly fatter than the trigger, a board or rocks and board used as the deadfall, and a knife.

- Start by holding the eight-inch stick in the ground perpendicular and lay the other stick horizontally across it.
- Tie the string from the horizontal board and around the perpendicular one, placing the trigger at an angle from the perpendicular stick.
- Prop the deadfall so that it is leaning against the horizontal and not touching the other stick.
- When the animal runs under the toggle, it will trigger the dead fall which will crush your prey. This can also be used if you are attempting to catch something alive by replacing the deadfall with a box instead.

Spring Snare



A spring snare is the last of the three primary types of traps and snares and is easily made but can be hazardous if you forget where you put it. Scout all areas out ahead of time and mark the area so you can easily find it when returning.

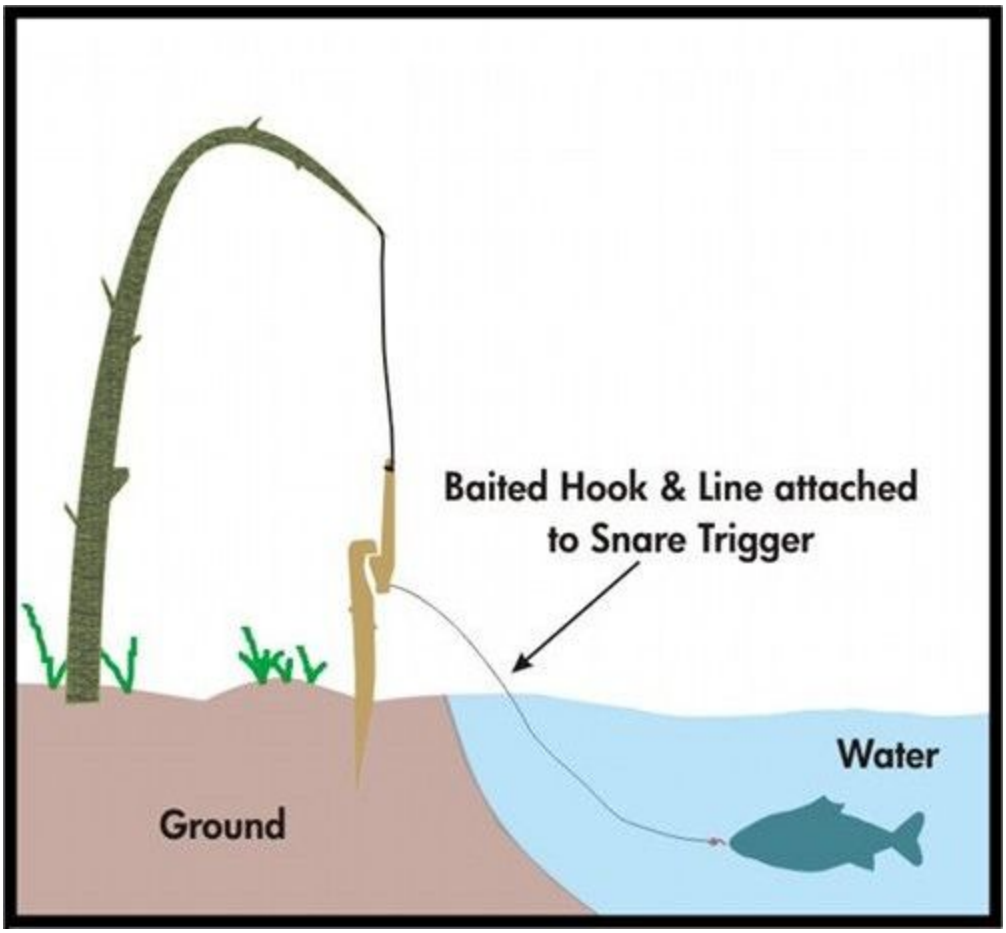
Instructions

- Collect a piece of string or wire to create a noose with. Wire tends to be better for this project, but you can use string if it is all you have.
- Next, you want to find your “engine” which can be a bendable sapling or a stick and heavy rock if a tree is not available.

- You want to carve a hook into two sticks then; one can be smaller as long as it fits into the base carving.
- Hold your base in the ground firmly to the sapling and then tie the wire or cord around the tree. It should be six to twelve inches long depending on the sturdiness of the bendable.
- Attach the second notched wood to the string, with the noose hanging below it. Connect the hanging notched wood with the base on the ground and make sure the open part of the noose is lying open on the ground.
- Place your bait inside of the noose on the ground.

You should choose the snare or trap that best suits your surroundings and your knowledge. Never kill something for sport, only use these traps and snares to catch food you will eat for survival. Also, make sure to follow all laws and rules of the area in which you will be camping.

Building a Simple Fish Trap



Building a simple fish trap can be accomplished by using many of the natural resources on hand in the wilderness such as vines, reeds or thin sticks. These can be woven into a basket trap with a funnel type entrance. This type of trap will allow fish to enter but makes it difficult for them to leave. If there is no suitable vegetation around, a trap can be made using river rocks or other large objects that may be on hand. First construct a channel (the deeper, the better) just off the mainstream to entice fish to enter it. The channel should allow the natural current to flow through it. The width should gradually reduce to make it difficult for the fish to turn around and then open into a bowl that is

constructed to hold any fish that enter into it, but does not allow them to leave. The stream or river should be allowed to flow through the bowl trap. Some traps use bait to attract the fish while others are designed to mimic natural areas the fish will naturally want to go to.

Catching Crayfish or Crawfish

Crayfish are freshwater crustaceans that can be found in freshwater rivers, lakes, creeks and ponds in many countries around the world. They tend to prefer still or slow moving water that is clear and has plenty of vegetation and rocks to give them cover. Nowadays, they are very common in dams, canals, springs and agricultural ponds. Being nocturnal, they are most active at night, but can often be found under rocks or be caught using baited traps during the day.

The best types of bait for them are from oily types of fish from the local area where they live, as this is their natural food. They also like fatty raw meat like pork or chicken and cooked bones, but are repelled by most fish from the sea and old or rotten meat; they like it fresh.

To catch Crayfish

- One easy method is to use a pole and line, attach the bait to the line, it can be tied on or use a safety pin they will not take a hook but will grab onto the bait. As soon as you feel the tug on the line gently pull them into the shore or an area you can lift them out and into a bucket.

- Another way is to use a trap with a funnel entrance similar to the fish trap described above. Place the bait inside a container with lots of holes to let the smell of the bait out but does not allow them to eat it or it will disappear quickly. Leave the trap for several hours to allow the crayfish to climb into the trap and then retrieve it.
- The other way is to catch them by hand; this is a good method in shallow areas, especially, in remote locations where they will not have been fished before. They can easily be picked up, just slowly so you do not startle them, lift some large flat rocks and they will be found sleeping under them. Be careful as they can give a give you a good nip from their sharp claws.

Alternative food sources

Usually, in a survival situation, the chances of capturing or killing large game are remote unless you have a gun and are proficient in using it. Probably you will have to rely on catching anything you can get.

Many people in the western world will reject the thought of eating insects and other bugs, but it is a fact that more people in the world rely on insect for their main protein needs than beef or pork. When faced with survival sometimes eating insects or dieing are the only options. As a rule, almost everything is edible, although some things have a higher food value than others. Nature has provided

everything needed for sustained life (not necessarily comfort), and those things that are dangerous to eat are usually well marked with bright colors. These colors say, “Do not eat me I’m poisonous.” The main danger colors are blues, reds and violet colors. Blue Ring Octopus is one of the most poisonous animals in the sea, other animals such as the rattlesnake give a warning by shaking their rattle.

Common sense suggests that to survive, it is best to eat the easiest food to catch, so it is a good idea to start with insects, worms and bugs. They are the most abundant and smallest as well as being the easiest to prepare.

Insects

Most insects are good to eat; they have a very high percentage of protein, 60 to 80% (beef provides 20%). The

insects to avoid are any that can sting or bite you, (although scorpions are a delicacy in some parts of the world) flies ticks and mosquitoes, those that are brightly colored or hairy, spiders, caterpillars and anything that has a pungent odor.

The best places to look for insects are under rotting logs and around trees where leaves have settled, it is wise to first check for snakes first by throwing a few small rocks around or just hitting the ground with a stick. Most snakes will quickly disappear with the noise and movement. Most insect larvae are edible, grasshoppers and beetles, as well as other hard shelled insects, can carry parasites so they need to be cooked before you eat them. Just remove the legs and wings then roast them in a pan or open fire.

It is possible to eat most insects raw, but they are not usually very appetizing, those that eat bland food taste bland, some store honey in their bodies making them sweet like sugar ants. To make eating bugs and insects more palatable, they can be mashed or ground together and mixed with edible vegetables you can also find while searching for the insects. Maybe you will find some birds eggs. Quails' lay their eggs in long grass. If you see any around, often there are also probably eggs. They can start laying from 8 weeks old, so they multiply rapidly.

Worms

Earthworms are good to eat, they are high in protein and easy to catch, find them in rich soil or they will surface after a heavy rain. Once you catch a few, place them in some fresh water and they will naturally clean themselves out, then they can be eaten raw or cooked.

Crustaceans

Almost all fresh water areas are likely to have a selection of different crustaceans from shrimp to crayfish and freshwater crabs. These can often be found in colonies on the bottoms of lakes and large ponds or in floating weeds and algae.

Saltwater areas provide similar types of crustaceans in tidal pools and along the coastline from just below the high tide mark to out in the water at about 30ft (10m) deep. They can all be caught in nets, traps or lines.

Mollusks

There is a huge variety of mollusks in fresh and seawater, including octopus, snails, clams, oysters, mussels, clams, scallops, barnacles, periwinkles and sea urchins. They can be found in all types of waterways in most parts of the world. Being very slow moving animals, they are easily gathered. Being filter feeders, they are prone to picking up pollution and contaminants in the water, so should only be eaten from areas that you know are pristine.

In tropical areas, it is important also to be aware of thin like plankton blooms which can place natural toxins into the water in remote places. Some shellfish can also become toxic in tropical areas depending on the season; all mollusks

should not be eaten if they are not completely covered by water at high tide.

Fish

Fish is next to insects and bugs as one of the easiest food sources to find and catch. In most circumstances, they are more abundant than land dwelling animals, and as long as you can catch enough, they will provide a meal that is adequate in term of nourishment requirements as well as feeling satisfying. All freshwater fish are not poisonous but

some come with some very sharp spines and needs to be handled with care.

To catch fish reliably, it is best to know a little about their habits. Usually most fish will feed heavily just before storm starts and then when the waterway is murky, muddy or swollen, they tend not to feed but rather, they seek a sheltered spot. Sometimes it is easier to locate them and use a trap that relies on providing them a hiding place rather than food to lure them into it.

Fish are often found resting in areas of a stream or river in pools formed by bends in the river or where natural obstacles such as rocks or logs form eddies or slow moving areas. They also gather in areas where there are slow moving currents and some natural cover to hide under, such as overhanging vegetation, large rocks as well deep pools.

It should be assumed that all freshwater fish have some sort of parasite so it will need to be cooked. This is also true for most saltwater fish caught in or near a river mouth even though those caught out in the open sea are usually free of parasites, so they can be eaten raw. It should also be noted that there is a variety of saltwater fish that have poisonous flesh and spines such as thornfish, porcupinefish, puffer fish, trigger fish, and jackfish. Other fish, while not poisonous by themselves, can be very toxic because of their diet. Fish such as coral eaters who can cause ciguatera or fish poisoning from algae and predatory fish like reef sharks and

barracuda that eat these fish can be toxic. For these reasons it is best only to consume fish you know.

Amphibians

Most types of amphibians such as frogs and salamanders are easy to catch and can be found in or around freshwater ponds, streams, and rivers. They usually do not stray far from their watery home, and at the first sign of trouble, jump into the water and hide in the debris and mud at the bottom, so are easy to catch. Salamanders are usually caught at night as they are nocturnal, but you may be able to find them in their daytime hiding places under rocks and logs. Most frogs are nontoxic, and the poisonous ones have

bright colored markings or show a distinct “X” pattern on their backs. Toads are a different story, and some are very poisonous, they are usually found in drier areas. As a rule do not eat or touch toads.

Reptiles

Most reptiles are relatively easy to find and catch; especially in the early morning before they have warmed up in the sun for the day. Although they may carry some parasites,

because they are cold blooded the diseases found in mammals and other warm-blooded animals are not present in them, so they are OK to eat raw if you cannot cook them.

Some turtles such as the Box Turtle feed on poisonous mushrooms so should not be eaten. Other reptiles such as snakes should be left alone unless you are experienced in dealing with them as well as crocodiles and alligators as you may become their food instead of finding your own.

Birds

Birds are often difficult to catch, but knowing their habits will make it much easier. Many birds are often territorial and stay within their areas.They usually have definite flight

paths from their nesting sites to the places they go to for water and food. This can work to your advantage, allowing you to place traps or snares to catch them. Often a bird sitting on a nest will not leave even when approached or threatened, so it is possible to recover their eggs while they are still in the nest. By only taking a few eggs and leaving two or three marked eggs, you will be able to return the next day for more as birds will keep laying eggs to fill their nests. Some species of birds can be picked up by hand at night right from their roost.

It is not so easy to pluck the feathers from most birds and, in fact, it is often a waste of effort. By completely covering the bird with wet mud or clay and then placing on an open fire you can cook it, and then when cooked, break away the mud and you have the meat ready to eat. An alternative is just to remove the skin and feathers together as usually, the skin will come away easily.

Mammals

Mammals are probably the first choice to eat for most people after fish because they are part of their regular diet. Unfortunately, most mammals are hard to catch and when cornered will put up a fight, especially if they have young and no escape option. Even a small mammal can give a nasty bite as they almost all have teeth and or sharp claws. Such a bite or even a bad scratch can quickly become infected; the amount of damage they can do to a person is directly related to their size. Unless you can trap them, have a good knife or spade and feel confident in killing them, most mammals, except for the very small types, are best avoided.

Vegetation

There are many edible plants, some with much higher nutritional value than others, but there are also many plants that are poisonous and need to be avoided. Nature has provided everything a person needs to survive anywhere; the trick is to know how which can be used and which must be avoided. Plants can provide you with the raw materials to build shelters, make medicines, as well as weapons and fire. They can be used to poison fish and other animals, to preserve your food and to provide clothing. It is advisable for anyone planning on going into the wilderness to learn as much a possible about the fauna and flora of the areas you will be visiting. It is very important only to eat plants that you can positively identify; many plants look very similar. People have died because they thought they were eating

wild carrots or wild turnips when in fact it was hemlock. The plants are related and look very similar, so be wary and if you are not 100% sure of what it is, do not eat it.

Any plant that tastes or smell of almonds should be avoided as this is an indication of cyanide compounds which can be deadly even in small doses.

Mushrooms and other fungi are another groups of plants that, unless you know what you are eating, should be avoided. Some types of mushroom are so toxic they can cause death very quickly, others can cause other symptoms such as paralysis or blindness and many have no antidote.

Other types of plants can give rashes or cause swelling, all of which will make your wilderness experiences less than happy and could place you in a very dangerous position.

The Universal Edibility Test

When testing plants that you are unsure of, there are several factors that you should keep in mind for your own safety.

- Be sure that you know what the plant is, ingesting poisonous plants can often be very serious even fatal. Do not take unnecessary risks.
- Be sure that there is enough of the plant you want to test to make it worth testing. Do you have an alternative food source? How long will you need to use this plant?

- Signs of having eaten poisonous food are such things as; vomiting, nausea, diarrhea, slow heartbeat, reduced or difficult breathing, headaches, hallucinations, sweating or feeling chilled, a dry mouth, extreme tiredness, a dry mouth unconsciousness, coma or death.
- In the event someone has eaten something poisonous, it is best to try and remove the poison. This can be achieved, but inducing vomiting either by tickling the back if the throat or drinking warm very salty water. If this is not possible try to drink as much water as possible so the poison is diluted and then flushed out through the urine.

The standard Edibility Test

- Do not eat for at least 8 hours before beginning the test
- Separate the plant into its different components such as flowers, leaves. Buds, fruit, branches, stems, roots or tubers.
- Use only one part of the plant at one time.
- During the whole test, only have pure fresh water to drink and nothing else.
- During the 8 hours before starting the eating test, do a skin test by placing a small piece of the plant matter you wish to test in skin at your elbow for

fifteen minutes to gauge if there is any adverse reaction on your skin.

- Take a small piece of the sample you want to test and prepare it in the way you plan to eat it.
- Touch a very small piece of the test subject to your lips to see if here is any burning or irritation.
- If you have no adverse effects after 3 to 5 minutes, place the sample on your tongue and hold it there for 15 minutes.
- If there is no adverse reaction, chew thoroughly a small piece of the sample and hold it in your mouth for 15 minutes. But do not swallow it!
- If you find you have no adverse reaction such as an irritation or stinging, burning, itching or numbing then, swallow the sample.
- Wait at least 8 hours, but if during this time you experience any adverse effects during this time, then you must induce vomiting and drink as much water as possible.
- If after the 8 hours there is no adverse effect experienced, try to eat about ¼ of a cup of the sample and then wait another 8 hours to ascertain if there are any side effects.
- If there are no symptoms or side effects, then it is safe to assume that the sample is safe to eat. BUT, all the other parts of the plant need to be tested in the same manner to determine if they are also safe

because different parts of the same plant can have different chemicals and possibly toxins.

- As stated at the start this test, it is a long process, but as toxins in plants can easily kill a person, you really need to be sure. This is why it is suggested that you only go through this if the plant in question is available in sufficient quantities and you consider you will be eating it for some time.

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Chapter 3: Preparation And Cooking

By this point, if you have studied and practiced the last couple of chapters you will be getting closer to being comfortable with surviving in the wild. Now that you have successfully learned how to, and implemented catching your own food in the wild, you will need to know how to prepare and cook them. This is also where your ability to start a fire plays a critical part in your survival.

Whether you have built a trap or snare and caught a furry creature for dinner, or used your awesome fishing skills to land a seafood feast, you will need to know how to prepare and cook your meal to avoid illness and injury. The following text will tell you how to gut, fillet, and cook fish and how to prepare other animals for cooking as well.

Gutting and Preparing Fish

Though it does look pretty terrible when you watch a movie, and someone catches a fish and eats it right out of the water, you are probably want to consider gutting and to cook it first. Depending on the water, the temperature, and the type of fish you can leave yourself open to an array of digestive issues if you don’t cook your fish correctly.

Gutting

- To gut your fish you want to make sure you have one or two relatively sharp knives. If you only have one, that is fine. Also, you will need a water source close by and make sure you burn the entrails, head, and bones of the fish after you clean them as to avoid attracting other wildlife.

- First, lay your fish on a firm surface, take your knife, and start scraping the scales against the grain. You want to get all of the scales off of the fish.

- Once the fish is scale free you want to cut out the gills, which are located under the flap by the head, and any fins still on the fish.

- Next, turn the fish belly up, insert your knife into the anus and cut upwards towards the head. This is pretty messy so make sure to have something to put the entrails in or throw them directly into the fire.

- Scoop out all insides and use your knife to cut out any that may still be inside and attached. Then, rinse your fish in clean water to get all the scales and guts cleaned off of the fish.

- At this point, you can choose to cut the head off or sever it once the fish is cooked. There is often meat inside the cheeks of the fish so you may want to leave the head on while cooking.

<u>Cooking The Fish</u>

Once you have finished gutting and cleaning the fish, it is good to go ahead and start cooking it, especially if you are not equipped to keep the meat at a safe temperature. The easiest way to cook your fish is on a skewer over the fire. You can easily make one with three pieces of wood set up like a stand, one on each side of the fire and one going over the top of the fire, which rests on the other two.

You can season the fish with any herbs you may have brought with you or harvested from nature before cooking. Skewer the fish onto the wooden pole and set over the fire. The fish will cook for ten to fifteen minutes, and you will only have to turn it once. This easy method will allow you to continue preparing the rest of your meal while the fish is cooking. If you brought aluminum foil with you, the fish can be wrapped and will cook faster over or in the fire in the foil.

Then, Enjoy!

Butchering And Preparing An Animal

So you have set up your snare or trap, waited patiently and finally caught something. It is vital that you slaughter and prepare any animal within hours of finding in order to preserve the meat and avoid illness. Butchering an animal may take some practice so if you are unable to practice with hunting, then you can always approach your local butcher or farmer, and they should be able to help you out.

Butchering

- First, you want to lie the animal on its back and, using a knife or gutting hook, slice the animal open from bottom to the chest, being careful not to puncture the intestine.
- From there you will thoroughly clean all guts etc. out of the animal and then wipe and rinse it out.
- The next step is to skin the animal. The easiest way to do so is to hang the animal upside down and start at the legs and basically pull the skin inside out of the body, using your knife to get the skin loose.
- Once the animal is skinned, you will cut the chest open slightly revealing the breast, cut off the head and legs, and prepare the animal for cooking.
- Make sure to immediately bury the entrails, head, and skin to avoid attracting any predators.

Cooking

You need to immediately begin cooking the animal as soon as you are done dressing it. The easiest way to cook it is to skewer it as you did the fish above and let it cook. If it is more meat than you will eat, and plan on drying or curing, take that meat and start the process immediately. All meat should be cooked to an internal temperature around 160 degrees, so a thermometer is a good thing to bring with you. If you do not have a thermometer you can check the meat by cutting into it slightly and checking for red or

pinkness. The meat should be dark and cooked all the way through before consuming.

Preparing and cooking your own meat may be an entirely new adventure for you but it is vital to your survival in the wilderness. There are many different tools that you can purchase to make this process easier, and they don’t weigh much at all when considering travel. Keeping a hot fire will also help kill any germs and bacteria that may be lurking on the animal, and cooking it right away will avoid the fermentation of meat in warmer climates.

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Chapter 4: Survival Tools

There are many tools that you could consider survival tools when you are attempting to live in the wilderness. However, the two most important things you can have in your arsenal is a knife and an axe. With these two tools, you can do everything from construct a camp, to prepare food, and even protect yourself in an emergency situation. There are so many options out there for these two tools that it can often become overwhelming, and you don’t want to make the wrong decision.

We will begin this chapter by covering survivals knives, what they are used for, what you should look for in one, and other valuable information about finding the right knife for you. The next section of this chapter will cover axes and everything you will need to know when you are choosing an axe for your adventure. Remember, you can take the chance of not being able to create your knife, but that is an unnecessary risk to take in these dangerous wilderness situations.

Survival Knife

In a survival situation, a good knife can be the biggest and most valuable asset of all of your tools. There is a plethora of information that you need to be aware of before you choose your survival knife. You don’t want just to go to the store and pick the best looking or the most expensive knife without considering the blade thickness, size, weight, and material. The bigger the knife does not necessarily mean the better it will be. First, however, let’s cover the most important questions you need to ask yourself in order to choose the best knife for you and your situation.

- What instances and where do you intend on using your survival knife?
- What scenarios do you foresee that are personal to you and your trip that you may incur?

- Are you planning on hunting and skinning during your trip?
- Is there a good chance that you could get lost during this trip, making survival tactics even more essential?
- Will this knife also be used for personal protection during your adventure?

Often times you will find that owning more than one knife is essential in your survival tactics out in the wilderness.

Blade Size

Choosing a blade size is completely up to the answers to the above questions as well as a thorough assessment of the area you will be camping. A large knife will be ideal for chopping wood but useless for small hiking tasks or preparing food. If you end up deciding only to take one knife then, you need to do your research because choosing the wrong knife for your trip could result in injury and even death. Your knife truly is one of the most, if not the most, important tools that you will carry. Always ask questions especially in specialty stores where the associates are familiar with Bushcraft and can help you pick the right knife for this occasion.

Axe and Hatchet

The second most important tool you could choose to carry would be an axe or a hatchet. It often works out perfectly to purchase a knife that can do the smaller tasks such as food preparation etc., and then have an axe or hatchet for the larger tasks such as cutting wood. Choosing an axe or hatchet can be just as daunting of a task as deciding on a survival knife.

These types of tools can be used for just about anything and usually end up being the most widely used tool in your arsenal. A quality axe will make chopping, splitting, and notching wood incredibly easy and allows you to build shelters and butcher larger animals for eating while still being small enough to handle the smaller tasks. Humans have been using some form of axe since traces of the earliest human.

In today’s market axe’s are still widely used and sought after which is why companies have taken the time to

modernize the axe. You will find a combination of technology, strength, and ruggedness in today's axe and hatchet collection which will give you an upper hand in your wilderness survival adventure. However, just like the knife, before you go and pick out an axe there are a few questions you need to ask yourself in order to understand the type of tool you will need entirely.

- What will be the primary use for your axe or hatchet; survival, bushcraft, tree cutting?
- What type of axe head will you most likely use the most; single head, double head, or spiked head?
- What type of material will you want the handle, or halt, to be made of; wood, steel, or nylon?
- How long of an axe or hatchet will you require?
- What weight will you prefer in your axe remembering technology has come a long way, so a light axe no longer is a negative attribute?

<u>What To Look For In An Axe Blade</u>

Usually, you will find that your axe blade is made of steel. The sharp edge of your axe is called the blade, and each corner of the blade is known as the head and heel of the axe. If you look at the sides of the blade, you will find that they have a small arch to them which is called the ramp and the opposite aspect of the blade is considered the butt of the axe. Deciding on the type of blade really depends on what you will be using your axe for. If you are only looking to

crack wood and do smaller tasks, you would look for an axe with a convex blade, but if you are looking for a tool to cut and split wood, then you will want a blade that is concave.

If you take care to sharpen and clean your axe, it can definitely become an important tool in your arsenal. You can purchase an axe file or stone sharpener to keep your axe in the best condition possible. Remember the axe will be very sharp, so it is wise to buy a sheath for your tool to protect yourself and the axe from damage.

There are a plethora of tools and gadgets that can be purchased that ultimately would turn your Bushcraft experience into a more mellow camping trip. If you are really looking for the authentic experience of wilderness survival, however, you would still want to purchase a sturdy and dependable knife as well as a high axe or hatchet. Surviving in the wilderness can be a daunting and strenuous experience and walking in without any tools can make or break the success of your adventure.

If you find yourself in the wilderness and do not have any tools, there are some useful ideas to make your own in an emergency.

Making a Stone Knife

Making a stone knife isn’t difficult but you will need a few things to get started. Find a stone with a decently sharp edge and a chipping tool. This is handy for shaping the knife by chipping off small pieces of the stone. It’s a tool for breaking off or flaking off thin pieces of the stone. These

tools can be made from hard wood, bone, antlers, any iron or steel you may have or find.

- When you have a sharp piece of stone, begin by chipping off small pieces to shape it so you have the cutting edge and a way of holding it. If very small, it may need to be placed in a handle. If larger a hand grip could be fashioned on the stone.
- Try to make the knife quite thin so it is easy to use.
- Using the flaking tool press against the edges to flake off the stone on the opposite side causing the edge to become sharp.
- This takes some practice but can produce a razor-sharp cutting blade, which is good for chopping and puncturing, but because it will not hold a sharp edge for long is not good for slicing.

A Bone Knife

Medium to large animal bones can make a very acceptable knife or spear tip. Select a bone from the leg of an animal such as a deer or similar sized animal.

- Place the bone on a hard surface and shatter it by hitting it with a hard blow from another hard object such as a heavy rock. This will cause the bone to splinter so that you can select an appropriate piece
- Shape and sharpen the end and sides on a rough piece of rock and then do the final sharpening on progressively smoother stones.
- The finished blade can be fastened to a handle to make a knife or to a shaft to make an arrow or spare. Bone blades can be very sharp and hold an

edge for a while, but need to be sharpened often and tend to be brittle.

Wooden Blades

Wood will not hold a good cutting edge, with the exception of bamboo which can be used to make an effective cutting blade for the short term. Most wooden blade knifes are limited to puncturing and are not suitable for chopping or slicing.

Fire hardening can be used on hardwoods to make a more durable blade, arrows and spare tips can be fire hardened to produce an effective point capable of piercing most animal hides.

- To make a wooden knife, select a piece of hardwood with a very straight grain and fashion the blade and handle using a piece of rough stone by applying rasping motions across the grain. For large knives and spares they can be fashioned using a fire and then a rough stone, keep firing and scraping until you have the desired finish.
- Once you have a blade you are happy with; fire harden it by placing the blade into the flame and slightly charring it, then polish it with a fairly smooth stone. This process can be repeated a few times to get the wood very dry, the direr the blade gets, the sharper it will become.
- Bamboo can be fire hardened, but the inside area only should be in the flame. If thinning a bamboo blade only remove the soft inside wood, leaving the hard outside intact as this is hard already.

Making a Metal Knife

Making a metal knife in the wilderness is possible, but would be very time consuming and unless there is no other option, possibly too time-consuming to be worthwhile.

- If you have a suitable piece of metal it can be shaped by rubbing on a hard rock or if soft enough; maybe an edge could be hammered out using another piece of metal before rubbing on a hard rock to sharpen a cutting blade.

Glass used for Cutting

When you break glass, it has a natural sharp edge that can be used to cut many of the softer things you would normally find in nature. Plastic, if it is thick enough, can also be used to make an acceptable point for stabbing or puncturing applications when needed.

Spears and arrows can be made using straight shafts from a sapling or bamboo. The working or sharp end can be formed by using any of the previously mentioned knife blades or just sharpen and fire harden the tip

A very effective hunting adaptation to a spear is an aboriginal throwing stick. This is where you place your spear into another piece of specially shaped wood that holds the spare and sits several feet along its length. To throw the spear you hold the throwing stick with the spear inside in a tight grip and use a catapult type motion to launch the spear, the throwing stick acts as an extension of your arm, giving leverages and extra length.

An adequate digging tool can be made from a heavy branch, look for a thick branch with a fork or knot in it and shape the end using a sharp stone or your bush knife if you have one and then fire hardening it.

Chapter 5: Ropes and Knots

A rope is one of the most important pieces of survival equipment you can have. It has a myriad of uses. If you are in need of rope while out in the wilderness, sometimes you have to improvise. A braded nylon belt common in most

sporting equipment can be unbraided and then made into a much longer rope. Making your own natural ropes in the wilderness is a realistic option. All you need is some plant fiber. Dried fiber works the best. Some of the different options are milkweed or dogbane storks, flax, inner bark that you find on dead trees, in fact, any long fibers will work. (Animal fur can be used as well).

- If using stalks, pick the stalks that are brown (gray stalks are several years old and starting to decompose). If you decide to use bark, try and use the inner part. Large leaves, like flax, are very strong and have a lot of fiber. They can be ripped into strips and then put over a branch, holding an end in each hand, pull the flax backward and forwards to break up the plant pulp.
- Remove the woody flesh, with milkweed stalks, break the stem off at the base and where the small branches start at the top end. Often this gives you a stalk about 2 ½ ft to 3 ft long. Place the stalk on a hard surface and crush it with your boot or a heavy stick. The stalk will crush into two halves lengthwise (or possibly quarters).
- Take one-half using your hands, break it into 2 or 3-inch sections by bending it from the inside to the outside, this will dislodge the white woody part and leave the fibers intact in a ribbon.
- This ribbon can then be hand spun into a rope. Start by holding the ribbon in one hand and about

1/3 of the way down the length, fold it into its self, so you have two ribbons one twice the length of the other. Hold them tight on the loop end and twist the ribbons very tightly together with a clockwise direction.

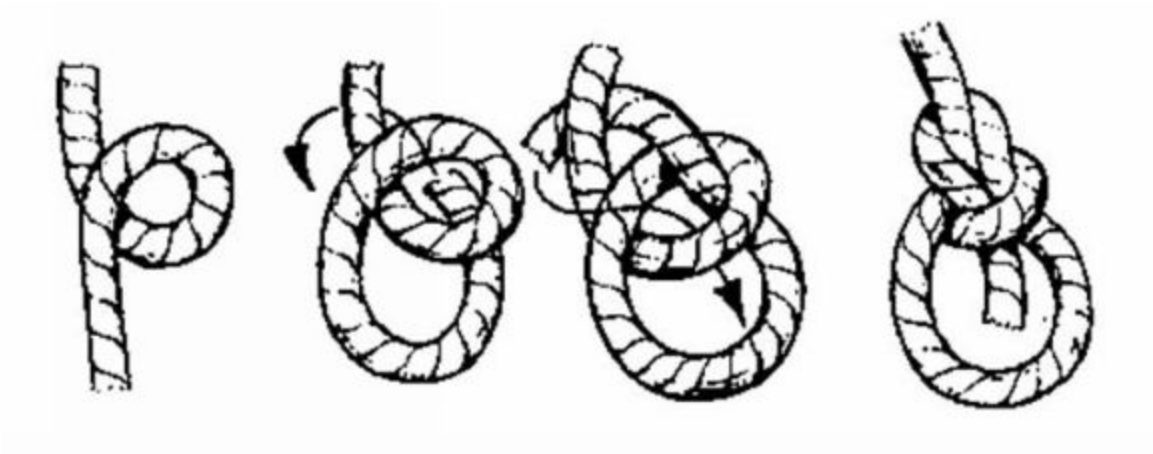
- After twisting about a foot of the ribbon together, rub the twisted area on a firm surface back and forward like you would if making a model clay snake. This action will help to condition the new rope and stop it unraveling.
- When you have almost twisted to the area of the ribbon where the short side stops add another ribbon, overlapping the first by a few inches (a splice) and keep twisting. While twisting, keep rubbing the cord on a firm surface to stop it from unraveling. Make a thin cord or rope about 3 to 4 ft long.

Once you have a few short ropes they can all be platted together to make a rope of the length and thickness you require. Be sure to test the strength of the whole rope before you risk your life on it.

The Bowline

The Bowline is commonly called The Rescue knot; it is used to make a loop at the end of your rope that cannot shrink or expand. The Scouts teach this knot using the analogy of a rabbit coming out of its hole in front of its tree, going behind the tree, and then back down his hole.

To make this knot



- Form a loop using the top of the long end of your rope, leaving enough spare rope for your desired loop size.
- Pass the free end of the rope through the loop in the same way as making an overhand knot
- Take the rope around behind and then back through the small loop.
- Bring the free end of the rope down in the original loop, while maintaining the secondary loop. This then becomes your Bowline loop.

The Figure Eight Knot

The Figure Eight Knot is a secure knot that can be used for preventing ropes from fraying and as a stopper. Many rock climbers use it for tying Caribinas (metal snap clips) onto ropes. It is excellent for securing overhead weights

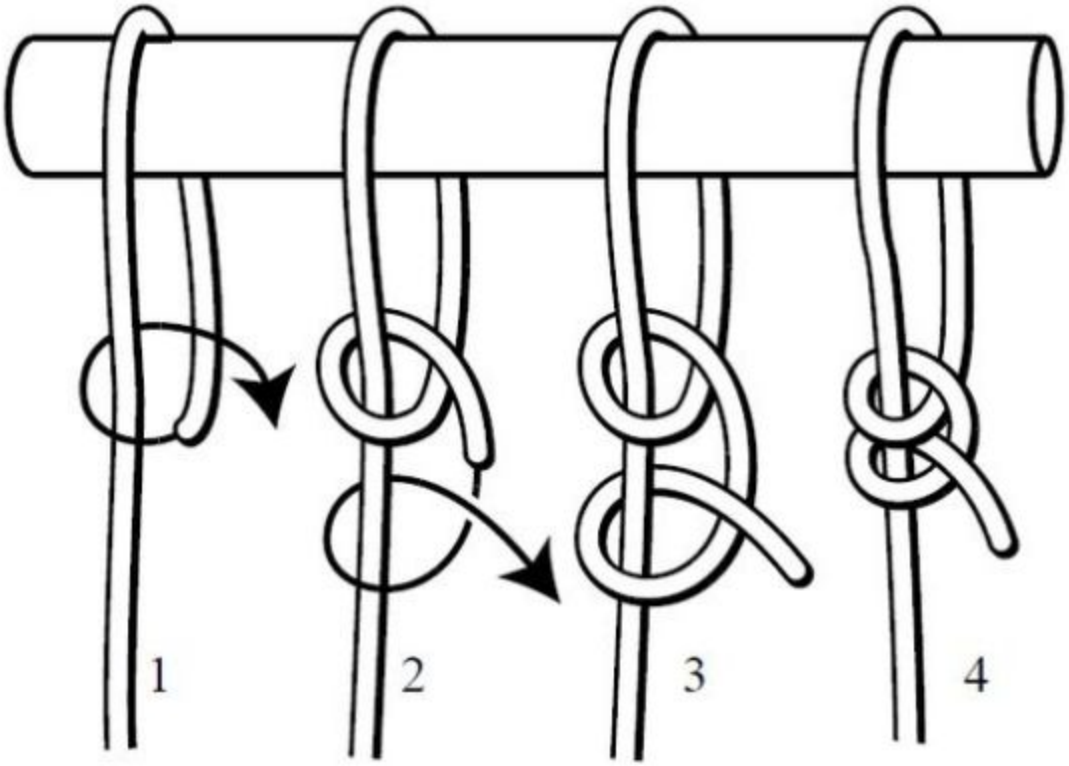
To make this knot

- Tie a single eight in your rope about two feet from the end.
- Pass the free end through the item you wish to secure or tie the rope to.
- Then retrace the first eight knot with the free end, leaving a loop at the bottom the size you want.
- Pull all four ends of the ropes to cinch (tighten) down the knot.

The Half Hitch Knot

This knot is simple. The working end of your rope is brought over and under the standing part and pulled tight. This makes a complete knot on its own, but because of it was very insecure, most people usually make two half hitches together to tie a rope to a tree, boat or any object. Its often

also used in combination with other knots often for tying any loose end for additional protection and safety.

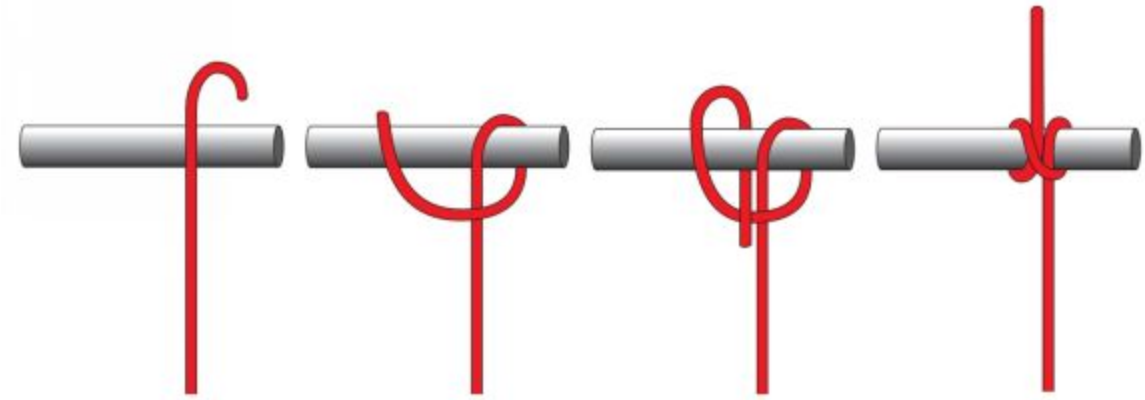


To make this Knot

- Pass the end of your rope around the object you wish to tie, then bringing it back to you, so it forms a loop
- Pass the end of the rope through the loop between the object you’re tying and yourself to form the knot.
- Pass the rope through again in the same direction to make two half hitches or a double half hitch.

The Clove Hitch Knot

The Clove Hitch Knot is used for securing ropes to trees, posts, or other things that stand upright. It is easy to adjust the length of the rope as needed. Often it’s used to tie off ropes as a temporary way to hold things.



Make this Knot

- Wrap the end of your rope (that is tied at the other end) halfway around the pole or timber you want to tie your line to.
- Cross the loose end over the wrapped part of the rope to form an “X” shape and then back around the pole.
- Lift the “X” and slip the loose end of the cord under the “X” horizontally
- Pull the knot tight to finish

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Chapter 6: Water

No matter what type of camping, Bushcraft or not, water is essential to your survival. The human body can live a couple of weeks without food, but it cannot last more than a few days without water. The complications of water in survival camping lies with bacteria found in lakes and streams that will make you more than sick. In the old days people had built up an immunity to these bacteria, so they did not affect them, however, with today's society of filters, chemicals, and bottled water we fall victim to different types of illness from drinking straight from the stream.

It is unreasonable to think that you will be lugging several cases of water with you or a large filtered pitcher for that matter. There are several ways you can choose to approach drinking water, but the first thing you must do is make sure that you are always camping close to a freshwater source. As talked about in previous chapters you don't want to be on the edge of the water because this will put you in the middle of a water source for other animals and insects so make sure to be close but not too close. Always collect your

water in the daytime to avoid any nasty run-ins with predators.

When you are looking for drinkable water, remember to stay away from stagnant water, which can be recognized by the algae covering the surface and often a putrid smell. Also, never ever try drinking salt water, it will dehydrate you quicker than ending up with diarrhea and can cause serious health issues. Once you have found a good source of water, there are several things you need to do to make that liquid safe to drink.

Finding Water

Finding water in the barren wilderness, dry areas and arid mountains can be a bit of a challenge but is not impossible. When there is no visible water to be found on the surface, often there will be water under the surface in places like dried stream beds or other watercourses.

If you travel parallel or across the slope of a mountain or hillside (rather than down the slope) you will sooner or later

come across a water course. Keep on the lookout for any dark green vegetation, especially a line of greenery which will indicate an underground water source.

When you find a potential area, dig a deep hole or trench as this is often the best way to find water. This can be accomplished by looking at the area and finding where the water would flow during a rain storm. Often mountains or hills are covered in small valleys or other eroded areas. These areas are formed by water running down the mountain or hill washing out the soft stuff and forming holes and crevices where water can sit just below the surface.

In flat or plane areas, look for green bushes or other vegetation along dry creeks and valleys, especially at bends and places where sand has built up. The greener the vegetation, the more likely you will find water there, often quite close to the surface.

Digging a seep hole is done by digging down as far as you can in the oil or sand of a dry watercourse. When you start digging, try and dig a small hole first to see if there is any indication of water there. The water will be sitting on a firm layer or underground rock bar where there are pockets worn by erosion and covered by the loose material. Follow any signs of moisture and go down to a solid surface if possible. Then you have to wait and allow the water to seep into the hole you dug. At first, the water may be murky, but it should quickly settle and become clear when new water seeps into it from the surrounding areas.

In areas where there are snow covered peaks, you can be assured of finding water much easier than you can in very dry areas.

If you find a stream or river with fast flowing water, it is likely to be quite drinkable. But stagnant or very slow moving bodies of water are likely to be full of bacteria and other contaminants. To make this water drinkable, there are several steps you can take to make the water much safer to drink.

Filtering

When you take water from your source, there is a ton of stuff floating in it that you definitely don’t want to put in your body. Unseen to the naked eye are spores that can cause extreme illness and are resistant even to very high heat. Therefore, before you go to the sterilization portion, you must filter your water first. You need to find any type of

container including a can with a hole in the bottom, plastic soda bottle, and anything that does not contain chemicals. For this description, we are going to use a plastic soda bottle.

- Cut your soda bottle in half and place a cloth, coffee filter, or cheesecloth over the top opening and secure with a rubber band.
- Take the top half of the bottle and turn it upside down, placing it inside the bottom half.
- Fill the top part of the bottle a ⅓ of the way full with fine sand.
- Layer course sand on top of the fine sand ⅓ of the way from there.
- Lastly, on top, fill the bottle with rocks and stones.

From this point, you simply pour your water through the filtration system. The different layers will catch the undesirable aspects of your fresh water. It is suggested that you do this a couple of times before moving on from this step. The more you filter your water, the less likely you are to catch harmful bacteria.

Purifying

Before we dive into the new technological advances in portable purification, let’s just talk about purifying your water with no special tools. Even after filtering it is vital to clean your water. There are bacteria that is too small to be picked up through filtering that you need to rid your water of before you ingest it. There are two ways to purify, heat or chemicals, but for this case, we will talk about heat.

This process is incredibly simple. You transfer your water to a boiling pot and then boil your water, it is that simple. If you are at sea level you want to bring the water to a boil and let it roll for one minute. However, if you are above sea level, you are going to want to bring the water to a boil and let it roll for three minutes due to water boiling at lower temperatures at higher elevations. You don’t have to boil the water any longer than either of these times and will actually begin losing your water to evaporation if you do.

Portable Purification System

In today’s boom of technology companies have made it possible for you to quickly and safely venture out into nature. Though the above system is ideal for getting drinking water when out in survival mode, carrying a portable purification system can be so much easier and allow you to get clean drinking water from any source including puddles and streams.

If you are looking at the title and picturing yourself lugging around an entire water purification system, you couldn’t be further from the reality of it. One of the best and most convenient purification systems on the market is the LifeStraw. This product literally allows you to put the straw into any source of water and suck, giving you instant clean water and the best part, it fits in your pocket. We know it is not the same as living like your ancestors but by having this product you are leaving yourself wide open to do other things out in the wild instead of sitting around for hours purifying water.

The LifeStraw removes 99.9% of all waterborne bacteria and parasites while being able to filter up to a thousand liters of water without harmful chemicals. The water that you get out of the tool surpasses all EPA regulations for ordinary household drinking water and will keep you safe from becoming ill or dehydrated on your wilderness adventure. Most LifeStraws are available online for around $25 and come with a guarantee.

Water safety is equally as vital out in the wilderness as first aid and shelter construction. Your body runs on water, and you need to make sure that you remain hydrated through your entire trip. Whether you choose to purify and sterilize your water through the old faithful methods or bring along your own purification tool, you must know all of the ins and outs of water safety. Ending up with a parasitic infection or waterborne illness while out in the woods can lead to dehydration and even death so always take water safety severe.

If you do not have any means to purify your water

- Dig a hole in the sand or rocks about 2 to 3ft from the edge of the water and large enough to hold several gallons of water (10lit) and allow the water to seep through into this deep hole.
- Dig a second hole about 6 to 1ft (150 to 300mm) from the first hole and allow the water to seep from the first hole to the second. The water will then have been filtered twice and will have lost most of its impurities and will be much safer to drink than straight from the pond,
- If possible, boil the water to kill any bacteria. At sea level water needs to boil only a few minutes to kill harmful bacteria. As you go up to higher elevations, remember the temperature water boils at reduces so it needs to be boiled for longer.
- If the water is in a place that makes it difficult or impracticable to use a seep hole to filter your

water, then there are several bush filters that can be assembled if you have a little cloth.

- First pass the water through a cloth to remove all the large particles, (a sock is ideal for this).
- Make a second filter with any fabric you have by placing it over a bowl or other container, then make a sand bowl inside the bowl on the fabric. Ensure there is a bit of clearance between the bowl and the fabric so you can pour the water into this filter a small amount at a time. It should seep through the sand and collect in the bowl.
- Once the water is sand-filtered, replace the sand with crushed charcoal from your fire or any charcoal you can find around the area. (Charcoal has been shown to remove odors and a lot of bacteria from the water). Pass the water through this charcoal filter.
- Then boil the water to kill and bacteria.

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Chapter 7: First Aid

Whether you are outside hiking around, hunting, or camping it is imperative to have a fully stocked wilderness first aid kit readily available. Though the over the counter drugstore bags are suitable for the home or office, you are going to need a more accurate kit for wilderness adventures. You can purchase wilderness first aid kits, but they don’t always come with enough equipment for long term wilderness survival.

Although many people do, it is not a good idea to go backpacking or camping in the wilderness alone because in the event of an accident or emergency there is no one to assist you. Everyone should take a first aid course and learn the basics of life-saving techniques, especially if planning to go into the wilderness.

All first aid material should be kept in a dry location and protected by a waterproof container. Your kit should be accessible by everyone in your group, and each member should be educated on how to use the items in the kit and how to handle emergency situations. Though you most likely will be using your kit for smaller injuries such as bruises and blisters, knowing how to manage, the bigger emergencies can save your life. To make your own first aid kit that is fully

stocked for long term survival, you will need to include the following items.

1. 4 Compression Bandages- These bandages are used to stop arterial bleeding.

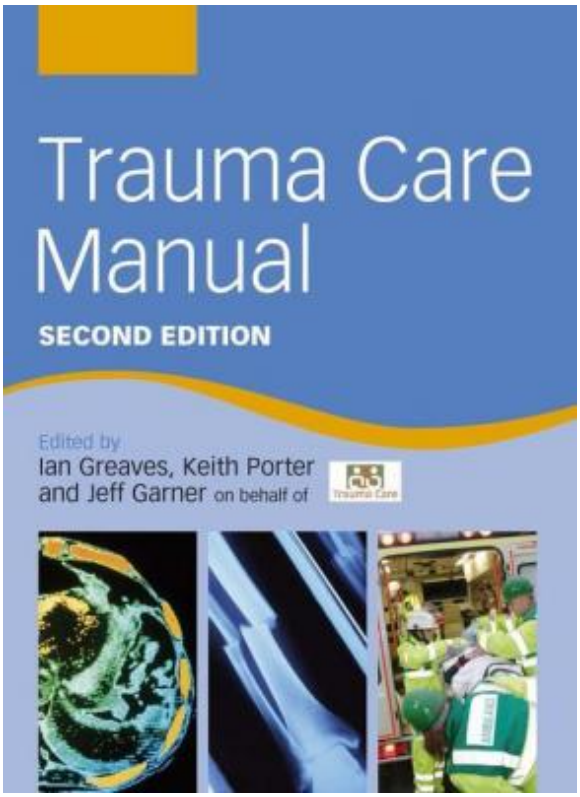
2. Pressure dressing for non-arterial but severe bleeding.

3. Betadine Antiseptic for cleaning around wounds, a full bottle is recommended.

BETADINE®
Solution
POVIDONE-IODINE USP 10% W/V
EQUIVALENT TO
1% OF AVAILABLE IODINE
A FIRST AID ANTISEPTIC
FIRST AID USE: Apply directly to the wounds, cuts, and burns.
BETADINE SOLUTION shows effective microbicidal activity against both gram-positive and gram-negative bacteria, viruses, fungi, protozoa, spores, rickettsia and yeasts.
BETADINE SOLUTION is virtually non-irritating and non-staining to wounds, mucosa, skin and clothes.
FOR EXTERNAL USE ONLY
Reg. No. 1A 675/31
Batch No.
BD 18
2.2.98
Mfd.

4. Two tubes of antibiotic ointment for scrapes, cuts, and bites.

5. An emergency/trauma manual or book.



6. Multiple sizings of adhesive bandages to include finger bandages, knuckle bandages, and 1x3” and 2x4” bandages. You can never have too many bandages.

7. A roll of duct tape.

8. A roll of non-gauge tape.

9. Three scalpels and one pre-threaded suture kit.

10. Over the counter medications such as aspirin, Tylenol, allergy, and upset stomach. Benadryl is always good to have as well.

11. Small and large splints for fingers all the way up to legs.

12. Burn cream

13. Ace bandages

14. Stainless steel trauma scissors

15. 2 CPR pocket resuscitator

16. Surgical masks

17. Latex Gloves

18. Lip balm

19. Sunscreen

20. Insect repellent

21. Syringes

22. Hand sanitizer and alcohol wipes

23. Tweezers

24. Penlight and glow sticks

25. Magnifying Glass

26. 5 Thermal blankets

27. 5 Cold and hot packs

28. A bunch of gauzes

29. 2 thermometers

30. 2 tourniquets

31. A bottle of water purification tablets

32. Eye wash and cups

33. An Epi-pen

This may seem like a huge emergency kit, but you can never be too prepared when surviving long term in the wilderness. Regardless of how long you are planning your trip for, your emergency gear should prepare you for unexpected stays or get stranded or lost. Let’s discuss one of the major injuries most people incur when hiking and surviving in the wilderness.

Blisters

There is nothing more uncomfortable than hiking with a blister, especially when the blister pops and the raw skin is exposed. However, beyond just discomfort, if they blister isn’t taken care of it can turn into a mean infection, something you don’t want out in the wilderness. The best ways to prevent blisters are applying an anti-blister cream, wearing socks that pull the moisture away from your feet, and having comfortable but snug boots when hiking. Also, stopping and drying off your feet periodically can also help to keep blisters from forming. Here is a comprehensive list of how to prevent blisters in the first place.

- Make sure you have broken in your boots, and they are comfortable. Never start a trip with a new pair of shoes or boots.
- Make sure not to weigh yourself down with unnecessary items in your pack. You want to keep your

backpack as light as possible.

- Wear socks specifically made for hiking. Usually wool and polyester socks are best since they pull moisture away from your feet.
- Stop several times and when sleeping, take off your boots and socks and let your feet breath.
- If your feet get wet, immediately dry them off and change into a clean pair of socks.
- Every night hang your boots out to dry. You do not want to start the day with wet boots.
- Always do a thorough inspection of your feet where you are looking for chafing and redness.
- If you find signs of blisters stop and treat that area immediately.

Heat Stroke

Your body has an automatic cooling system that happens when sweat comes from your glands and evaporates on your skin. This cools the skin and also the blood in veins and arteries. The blood after cooled flows down to the organs and lowers their temperatures as well. When your body doesn’t have the fluids to continue sweating and cooling the body, your core temperature begins to rise which can ultimately be fatal.

If your body reaches 105 degrees Fahrenheit, you need to have emergency treatment before the condition becomes fatal. The following are necessary actions to take when you or someone else begins suffering from heat exhaustion or heat stroke.

- If it is possible, submerge the person in the water.
- Lie the person on their back with their feet raised and cover them with wet cloths.
- Always be familiar with the signs and symptoms of heat stroke.
- Give the person plenty of fluids and make sure they are in a shaded area out of direct sunlight.

Hypothermia

On the other end of the spectrum is hypothermia. You will probably encounter some cold places in your wilderness adventures and knowing the signs of hypothermia and how to treat it can keep you or someone with you from a fatal situation. Hypothermia occurs when your core temperature drops by three degrees, putting immense stress on your heart. If someone is suffering from hypothermia you want to

be very careful not to warm them up too quickly or the cold blood rushing to the heart could kill them.

The first and most important thing to do immediately is find emergency shelter from the cold. Then, proceed through the following actions to save you or someone else from succumbing to hypothermia.

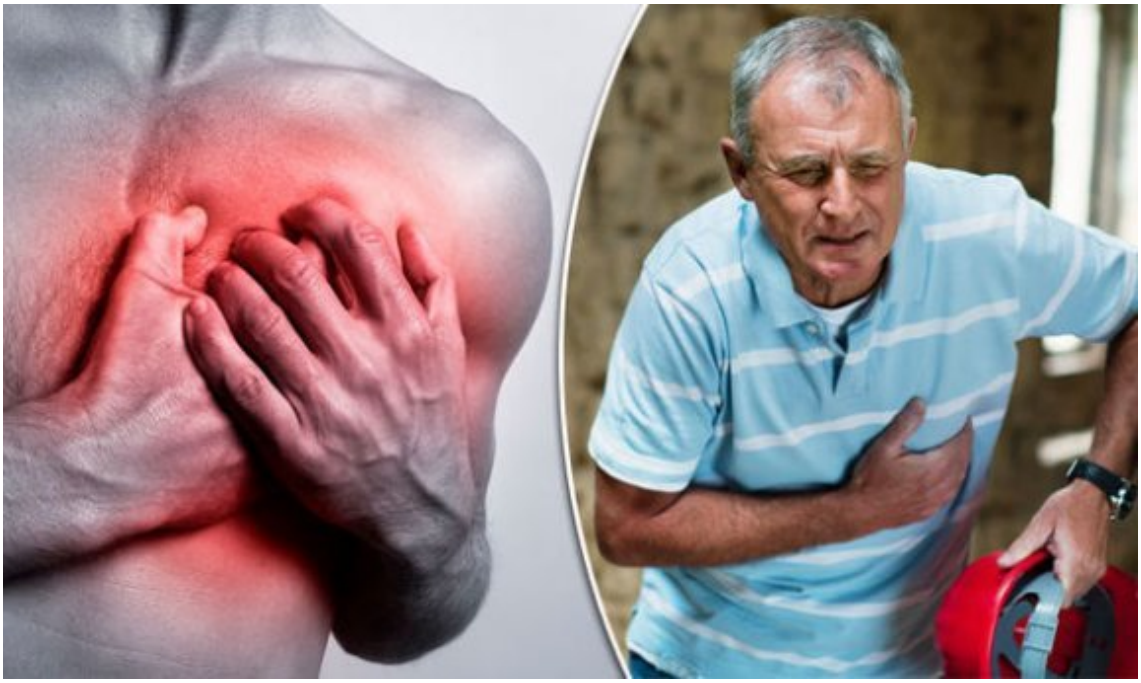
- Remove all wet clothing without exposing the body to the full air outside.
- Use your own body heat to warm the person suffering from the condition.
- Apply a warm compression to the stomach and the groin.
- You may give warm liquids but nothing with alcohol or caffeine.

Do not put hot water on limbs as the cold blood will then rush to the heart.**CPR**

- Check to see if the person is responsive and breathing, if they are not breathing, you need to start chest compressions. Push down on their chest in the center area 30 times at the rate of 100 to 120 times per minute that is about one every second.
- Place one hand flat in the center of the chest and then put your other hand over that and press evenly and strongly about 2 inches deep into the chest.
- After 30 pumps give two breaths of air.

- This is done by first checking the airway and tongue making sure they are clear then tilting the head back and lifting the chin pinch the nose closed and cover their mouth with yours and blow until you see the chest rise, about one second. Give them two breaths and then resume pumping the chest for 30 pumps and then give two more breaths, continue until they revive or help arrives.

Heart Attack



If you suspect someone has had a heart attack or you are having one, the best options is to take an aspirin. Aspirin will help to thin the blood and stop the clot that is causing your heart attack. Lie or sit and call for help.

Snake Bite

The latest method to deal with a venomous snake bite is taken from the Australian aboriginal bushmen. Their solution to survive a snake bite is to lie down straight away and remain completely motionless. If you have a compression bandage, apply it to the area as this will slow any spread of venom. Wait for help to arrive or for your body to naturally deal with the toxin. This can take several days, but most victims will survive as long as they do not move. any movement will send the venom to the heart and can stop it from beating. It should be noted that most snakes do not deliver venom or “envenom” when they are biting defensively, only when hunting.

Only take food that will keep without refrigeration

- For each day of your trip, you will need about 2lbs (1kg) of food
- Dehydrated food is a good idea, avoid canned foods and junk foods

- Nuts, seeds, dried fruit, jerky, dried fish, etc.
- Water you need at least a 1 gallon (2lit) water bottle and possibly a collapsible spare bottle
- Invest in a high-quality camping cook set with a pot with several steamer trays and a heavy lid that can be used as a frying pan.

Backpacking Gear

- At least one 30ft (10m) strong light cord

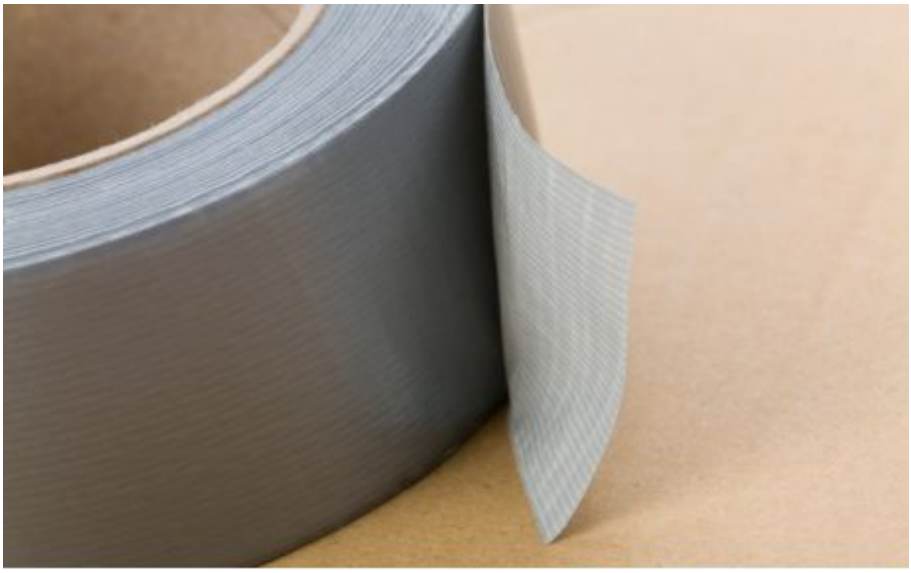
- A good flashlight or headlamp

- A medium sized sheath knife with a sharp blade

- An ax or heavy walking stick

- A food bag to keep food separate from other gear

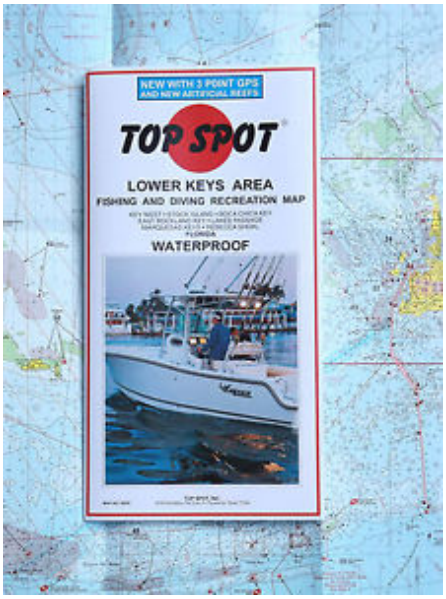
- One roll of duct tape. Wrap a length of duct tape around all water bottles, walking sticks and tent poles, it can then easily be unwound for any repairs when needed.



- A small whistle to summon help, a good whistle can be heard up to a kilometer away.

- Compasses and mirror; flashes from mirrors can be seen by planes many miles away.

- A waterproof map of the area.



- A cell phone, satellite phone or personal locator beacon

- First Aid kits

Navigation and Signaling

The sun always comes up in the east and sets in the west. At noon in the northern hemisphere the sun is at its highest

point and due south, and in the southern hemisphere, it would be due north. Shadows move clockwise in the northern hemisphere and anticlockwise in the southern, so it is possible to work out time and direction.

1. Find a clear level spot in the sunshine and place a stick upright so that it casts a clear shadow. Then mark the point of the tip of the shadow. This is always west anywhere.
2. Wait for about 15 minutes and mark the spot at the tip of the new shadow
3. Make a line through both points; this will give a line that is approximately east-west
4. Stand with the West mark on your left and the east mark on your right; you will then be facing north.

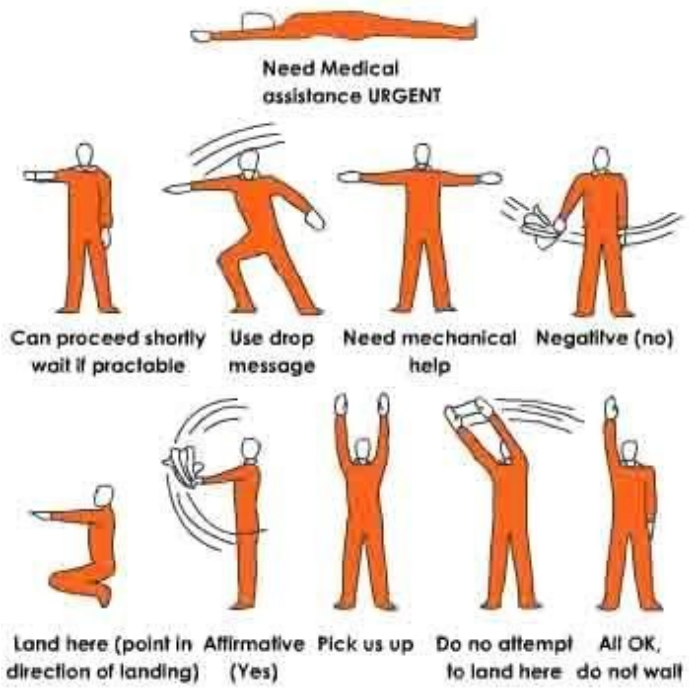
Signals

The best signal at night is a fire. Make three fires in a triangle shape, this is an international distress signal and during the day the smoke from three fires will signal help.

Ground to Air Emergency code

- “V” Assistance Required
- “X” Medical Assistance Required
- “N” Negative or No
- ‘Y” Affirmative or Yes
- “Arrow pointing” Go This Way

Body Signals


Need Medical assistance URGENT
Can proceed shortly wait if practable
Use drop message
Need mechanical help
Negative (no)
Land here (point in direction of landing)
Affirmative (Yes)
Pick us up
Do no attempt to land here
All OK, do not wait

All done standing straight

- Right arm extended to side: Can proceed shortly wait if practicable
- Squat with arms extended out front: Land Here
- Both arms extended to shoulder high at sides: Need parts or mechanical help, long delay
- Right hand extended straight up: Do not wait, All OK
- Both arms swinging left over the head and then right repeating: Do not land here
- Both hands extended straight up: Pick us up
- Right arm straight up, then down: Use a Drop Message
- Both hands straight up above head, then down in front, repeating: Yes
- Both arms swinging left to right in front, repeating: NO

- Lie down on the ground with arms extended straight up from head: Medical Assistance Urgently Needed.

Message from Plane

- Plane flying with wings rocking from side to side: Message Received and Understood
- The plane is making a complete right-hand circle: Message received but not Understood.

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You may find yourself in any number of emergency situations when you are out in the wilderness. It is important to always have your emergency kit ready, be educated on proper procedures for different emergencies, and be aware of the procedures for getting help out in the woods. Be safe in your travels and hopefully you can avoid any life-threatening situations.

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Conclusion

For thousands of years, humans had a direct line of contact with the wilderness. In fact, they relied on nature for survival and fruitfulness of life. Over the last several decades, however, we have transformed life into thriving and bustling cities where man-made parks are the closest some people come to the great outdoors. People travel all over the world looking for that connection that is engrained in the human body and spirit and can only be found in nature.

Camping and hiking have become hugely popular hobbies for people looking to escape their daily lives amongst concrete jungles and immerse themselves in nature. There is documented evidence that being outdoors in the wilderness has a strong effect on mental acuity and all around positivity for human beings. Bushcraft has become a more extreme way to both tests your survival skills and became one with the nature and wildlife around you.

Bushcraft is just creating a livable and sustainable environment in the wilderness with little to no outside influence. This system has steadily become more and more popular as time goes on and this book has been a guide to help kick start your next wilderness adventure. From finding

food to first aid this book has given you the basis for any successful venture into Bushcraft.

One of the first things discussed in this book is setting up your home base, including how to build shelter and create fire, two skills vital to survival in the wilderness. By knowing the area you are setting up base camp, you are ensuring that a number of surprises, and there will be plenty, can be minimalized and easily attacked because you know where you are and what the environment will offer. Keeping a clean and dry living space will ensure you maximum rest which is something that is paramount when you are counting on your own body to ensure your survival.

Catching, trapping, and snaring food is the only way you can actually find your meals in Bushcraft style. Fishing can yield a bountiful harvest or little food, so it is almost necessary to set up several different ways to capture your food. From basic traps to fishing with your hands, this chapter gave you vital information for keeping yourself nourished while in the wilderness.

Once you have caught that food, you have to clean it and cook it before you can do anything else. This part of training is very time sensitive so that you can avoid becoming ill from eating contaminated meat. Skinning animals may not be everyone’s favorite thing to do, but if you want to survive, protein needs to be a massive part of your diet. The cooking methods are simple but with the right spices you

can enjoy a hand caught a gourmet meal in the cover of the forest.

This book would be useless with proper knowledge on the two must have items for your survival tool bag. A survival knife is the first, and most important tool that you should purchase before you head out into the wilderness. Along with the axe or hatchet, your knife needs to be centered around your particular trip and the needs of that trip. It is always good to have some sort of protection, as well, while you are living with other creatures.

Though it may not be considered a tool, water is the most important thing you can give your body. However, in order to keep yourself hydrated and free of illness you need to know how to filter and purify any and all water that you drink. Whether you build your own water system or you bring along a portable water purifier, having clean and potable water while you are working on survival tactics will help keep you free of illness and full of energy.

Lastly, but definitely not least, this book has given you knowledge on what first aid should look like during your wilderness survival. By having a complete first aid kit with you whether you are out for a long time or just a few days, you are ensuring your safety and the safety of others. Make sure to fully understand how to take care of blisters, heat stroke, and hypothermia because they are some of the most common injuries occurred during Bushcraft and at least two of them can easily kill a person.

It is incredibly exciting that you have chosen to educate yourself and become proficient in wilderness survival. Bushcraft can be one of the most rewarding hobbies that you could choose. It will test your endurance, your strength, and your willingness to connect with the nature around you. As always, be safe when you are venturing out into the woods and always go in at least a pair to ensure that there are maximum safety standards being met.

We want to that you for purchasing this book, and if you enjoyed it, please don't hesitate to leave a review for the next possible reader. Good luck to you as you embark on this journey. Nature is where we came from and where we return at the end of life, but it shouldn't be neglected in the interim. Make sure to respect the animals and wildlife around you while you are camping and create a safe and sustainable place for yourself on your hike. Remember to use only what you need and don't be wasteful and most importantly, have a fun and safe time!

THANK YOU

Thank you for reading Bushcraft!

Finally , if you enjoyed this book, then I would like to ask you a favor. Would you be kind enough to leave a review for this book on Amazon we would really appreciate it

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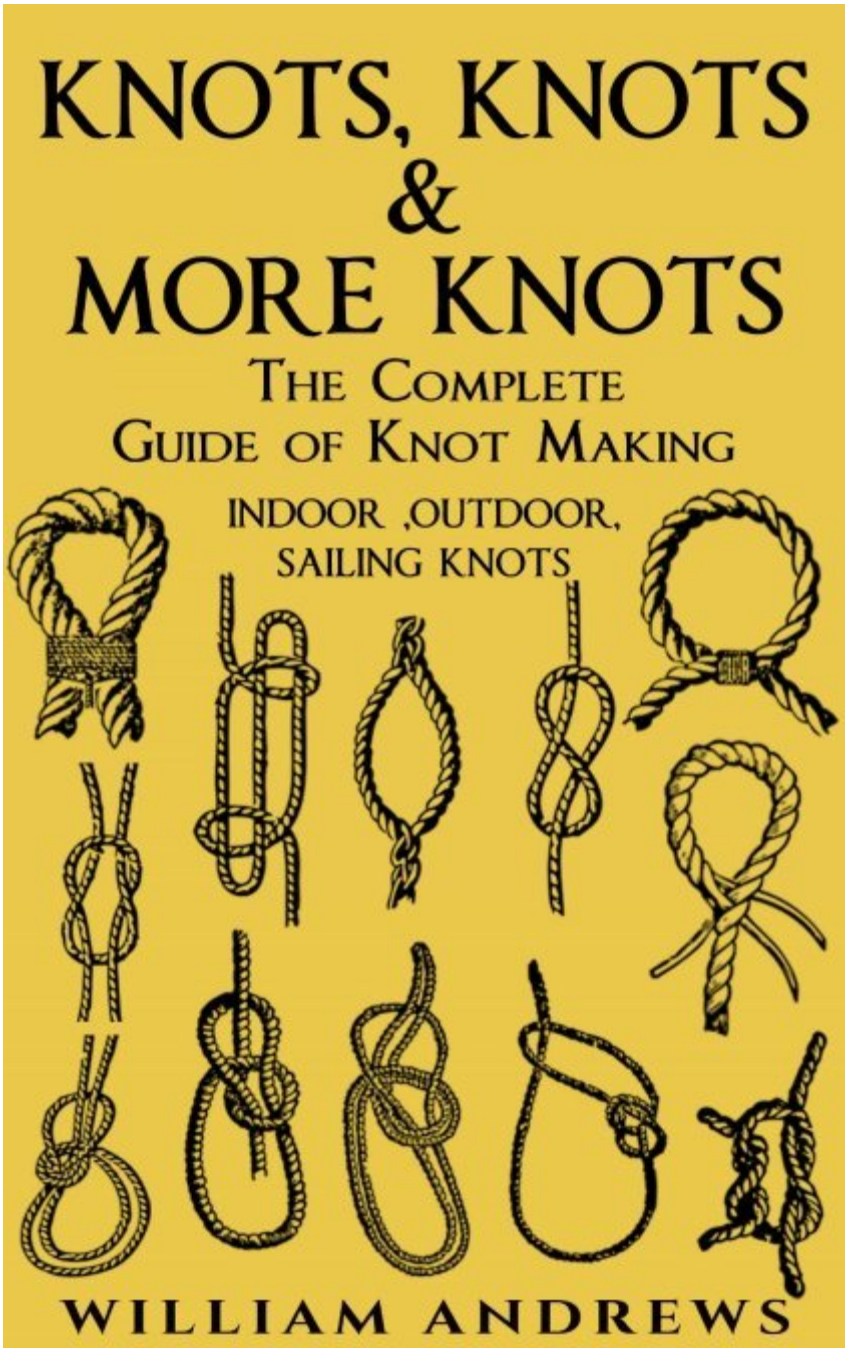

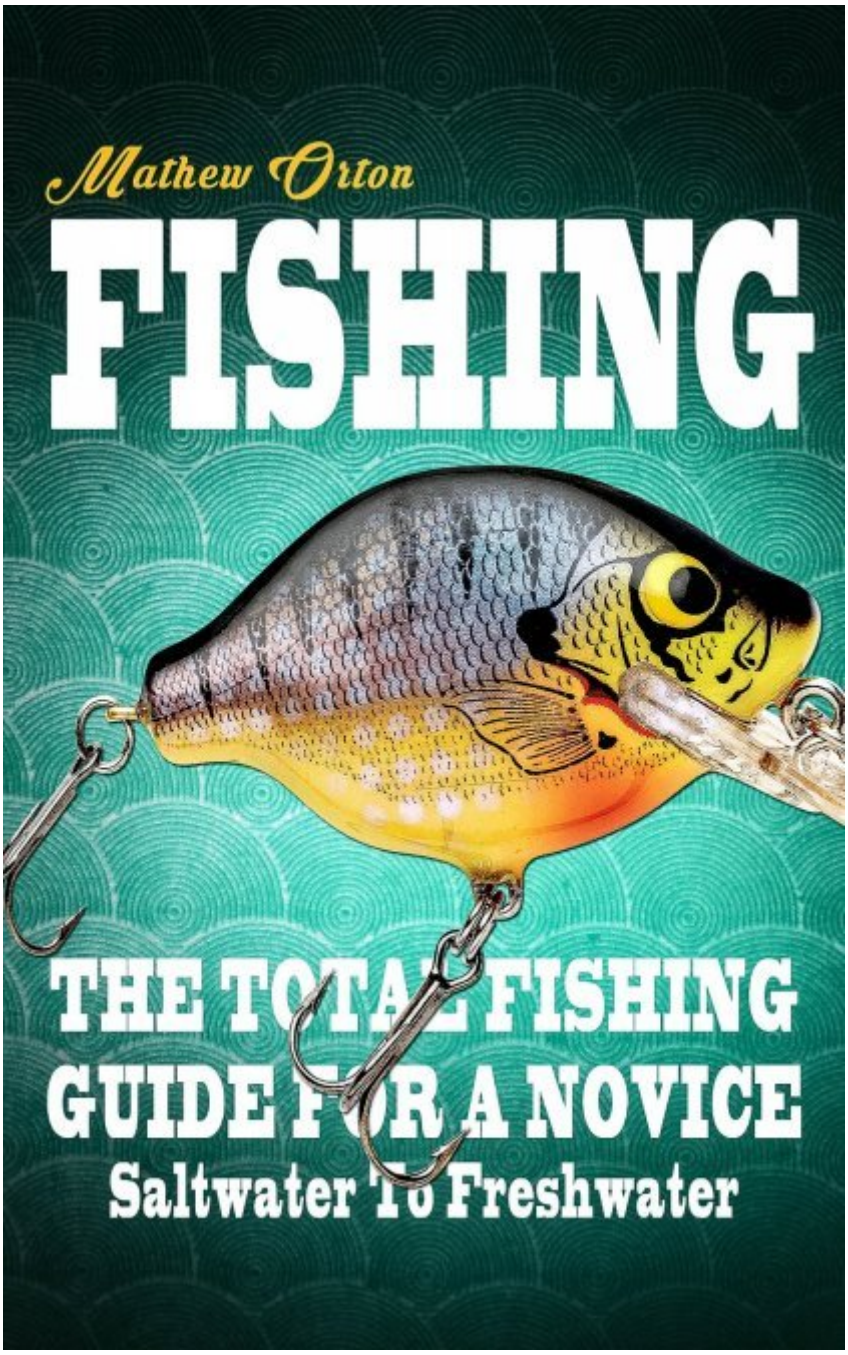
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